Dundee Born and Read
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Rink recruits

DANCING ON ICE BACK WITH A FRESH BATCH OF FAMOUS FACES

VISIT…

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New food ideas for a new year

While we love the roast potatoes and mince pies of December, it can leave you feeling a bit sluggish – so eating the rainbow is a sure-fire way to get your energy back in January.

By no means do you have to restrict your food or stop eating the things you love, though. Instead, you could use the new year as an opportunity to expand your healthy food repertoire, try some new recipes, and hopefully start reaping all the benefits that come with it.

And there are plenty of new cookbooks to help kickstart your healthy eating journey. You might find they have other benefits too, such as saving money, making your skin glow, and even helping the environment.

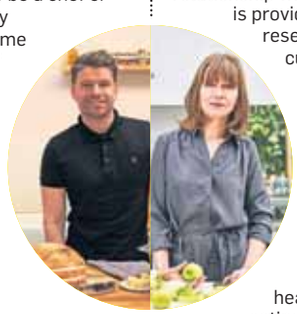
BORED OF LUNCH: THE HEALTHY SLOW COOKER BOOK BY NATHAN ANTHONY

BY PRUDENCE WADE

There's a bit of a barrier to entry for this book, as all recipes need a slow cooker. However, if you have one, you're in for a treat – because all the recipes are healthy, delicious and could even save you some pennies.

Belfast-based Nathan Anthony set up Bored of Lunch in 2020 as a way to cook healthier and more delicious meals during the lockdowns – and his Instagram page now has 906k followers. This is his debut cookbook, and is dedicated to dishes you can make in a slow cooker – which is said to have cheaper running costs than conventional ovens.

Anthony doesn't claim to be a chef or nutritionist, but he certainly knows what works for a home cook. These are the kind of recipes you can prep in advance, chuck into the slow cooker and come home to a delicious dish at the end of the day. And slow cooker meals don't just have to be an endless parade of stews, with Anthony's recipes covering everything from Vietnamese beef pho to chicken tacos.



● Ebury Press, £18.99. Photography by Clare Wilkinson.

HEALTHIER PLANET, HEALTHIER YOU BY ANNIE BELL

If you're hoping to adopt a healthier diet this year, why not try and do good for the environment at the same time?

Healthier Planet, Healthier You – by veteran food writer and nutritionist Annie Bell, who has authored 20 cookbooks – is all about how you can adopt the planetary health diet.

This is a way of eating first recommended by a group of scientists in 2019, with the aim of reducing the environmental damage of how we eat – and as an added bonus, it turns out to be pretty good for your health too.

While Healthier Planet, Healthier You isn't a hugely romantic book – Bell doesn't wax lyrical about her personal relationship with lentils – what she does is provide practical, well-researched advice on how to cut down on waste in the kitchen (from prepping to storing different types of ingredients), as well as breaking down what impact key ingredients have on the environment, and how much of them we should aim to eat.

Take eggs – the planetary health diet recommends eating one-and-a-half a week.

This isn't particularly feasible, so Bell reduces it to one and has a handy chapter dedicated to one egg dishes – with ranchos eggs with cauliflower and lentils and spinach and Parmesan pancakes on the menu.

The content might be serious, but the recipes are inviting and don't compromise on flavour. Bell gets inspiration from all over the world, with dishes including spicy Lebanese-style lamb stew, miso-glazed courgette and peppers and Irish stew pie.

● One Boat, £18.99. Photography by Nassima Rothacker.

NATHAN ANTHONY'S RED LENTIL DHAL

(SERVES 4)

INGREDIENTS

- 380g dried red lentils
- 250ml cold water
- 400ml tin of reduced-fat coconut milk
- Handful of cherry tomatoes, finely chopped
- 4 garlic cloves, crushed
- 1 onion, sliced
- 2.5cm fresh ginger, grated
- Juice of 1 lemon
- 1tsp ground turmeric
- 1tsp chilli flakes
- 1tsp ground cumin
- 1tsp curry powder
- 1tsp garam masala
- 1 bay leaf
- Salt and pepper, to taste
- Fresh coriander and chopped
- Spring onions, to garnish

METHOD

1. Place all the ingredients in the slow cooker, stir and season to taste. Cook on low for five to six hours, then stir and garnish with fresh coriander and chopped spring onions.

ANNIE BELL'S HEALTHIER PLANET BURGERS

(SERVES 4)

INGREDIENTS

FOR THE BURGERS:

- **300g lean minced beef**
- **300g cooked green lentils**
- **2 heaped tbsp finely chopped shallots**
- **Sea salt and freshly ground black pepper**
- **Extra virgin olive oil for frying**
- **To serve:**
- **½ red onion, peeled, halved and thinly sliced**
- **8 cocktail gherkins, sliced**
- **4 wholemeal burger buns, halved**
- **English mustard**
- **Tomato ketchup**
- **1 beefsteak tomato, sliced**

FOR THE MUSTARD MAYO:

- **40g mayonnaise**
- **40g soured cream**
- **1tsp Dijon mustard**

METHOD

1. Place the beef, lentils, shallots and some seasoning in a food processor and whizz to a sticky mixture, so some of the lentils remain whole. Shape the mixture into eight burgers using a 9cm plain round cutter. If you want you can make them in advance, then cover and chill them.

2. Heat two teaspoons of oil in a large non-stick frying pan over a medium-low heat and fry the burgers, in batches, for two minutes on each side until an even gold, replenishing the oil as necessary. They burn more easily than a pure meat burger, so keep an eye.

3. Combine the sliced onion and gherkins.

4. If serving the burgers with buns, toast the cut side of the buns under a grill, preheated to high. Place a burger on each bun half, smear some mustard over and then plenty of tomato ketchup, or the mustard mayo (below). Next lay over a slice of tomato and season, then scatter over some sliced onion and gherkin.

5. For the mustard mayo: blend all the ingredients in a small bowl, cover and chill until required. This will keep well for several days.

Drinks

GREAT WINES TO CHEER YOU THROUGH JANUARY FOR £9 AND UNDER

FINCA LAS MORAS PINOT GRIGIO 2022

ARGENTINA, £5.50 (REDUCED FROM £6.50) NOW UNTIL FEBRUARY 1, CO-OP (IN-STORE)

A pukka pinot with juicy acidity enhancing ripe citrusy fruits, peaches and green apple flavours, ending with a crisp, zesty finish. With the sensation of freshness and easy drinking appeal we've come to expect from high altitude South American wines, it certainly delivers for the price.

CABRIZ DÃO ROSÉ 2021

PORTUGAL, £8.49, LIDL, IN-STORE

With an impressive 91 points (outstanding) from Lidl's Master of Wine, this Portuguese sounds a real peach. Think classic aromas of delicately scented peach and red berries, silky strawberry and cherry fruit ending with a medium dry finish.

ASDA EXTRA SPECIAL PINOT NOIR 2021

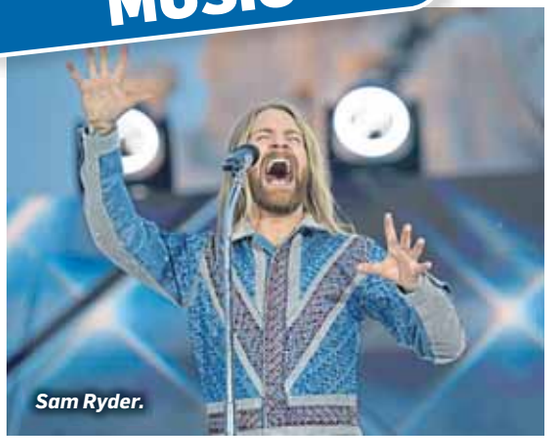
LEYDA VALLEY, CHILE, £7, ASDA

This inviting red was a Decanter World Wine Awards Silver Winner 2022, along with a bronze from the International Wine Challenge – what you might call a huge success for a wine costing £7. A soft, silky-smooth pinot with bright raspberry and cherry flavours, lovely floral intensity on the nose, it's budding with charm.

GRAFFIGNA RESERVE MALBEC 2020

UCO VALLEY, ARGENTINA, £7.50 (REDUCED FROM £9), SAINSBURY'S

Rich, polished and inviting, vivid bursts of peppered blueberry notes show energy, while violet accents carry through a forest floor of warm plum and blackberry fruit, staying well structured through the finish. A showstopper for the price, that recently received 92 points (highly recommended) from Decanter.


Sam Ryder.

Sir Elton John.

Damon Albarn of Blur.

Eight great moments in music ahead

The music industry got back to business in 2022, throwing off pandemic restrictions for a summer of festivals and high-profile album releases.

The coming year promises more of the same, from the return of Eurovision to the UK to perhaps Sir Elton John's final UK show at Glastonbury.

Here are some of the big music moments to look out for.

EUROVISION COMES TO LIVERPOOL

The 2022 Eurovision Song Contest provided a night of drama, with the UK's Sam Ryder claiming second place – its best result for more than 20 years.

The winners were Kalush Orchestra, who represented Ukraine with a song called Stefania.

But after it was ruled the 2023 edition could not take place in Ukraine due to the ongoing Russian invasion, it was offered to the UK.

Liverpool will now host the contest in May.

SIR ELTON JOHN PLAYS GLASTONBURY

BY ALEX GREEN

The veteran singer-songwriter, 75, began his mammoth Farewell Yellow Brick Road tour in September 2018 and, following Covid disruptions, is back on the road.

Sir Elton will play what may be his final UK date at the Somerset festival, topping the bill on the Pyramid Stage on June 25.

It is expected to be both his first and last performance at Glastonbury.

LEWIS CAPALDI RELEASES FOLLOW-UP TO RECORD-BREAKING DEBUT

The Scottish pop singer-songwriter, 26, became a household name overnight with the release of Divinely Uninspired To A Hellish Extent in 2019.

The record spent 10 weeks at number one and went on to become the biggest album of 2019, while the single Someone You Loved clinched the title of the biggest song that year.

All this means the pressure is on for Capaldi's follow-up, titled Broken By Desire To Be Heavenly Sent, which is released in May.

RIHANNA MAKES HER RETURN

2023 will be a big year for the Barbadian singer.

In October, she teased fans with her first new music since 2016, Lift Me Up, recorded for the Black Panther sequel, Wakanda Forever.

February will see her headline the Super Bowl half-time show. It will be her first major live performance in many years, and 2023 may also be the year her long-awaited ninth studio album finally arrives.

BLUR REUNITE TO PLAY WEMBLEY STADIUM

The Britpop band will play their first major UK shows since 2015 on July 8 and 9.

Frontman Damon Albarn, guitarist Graham Coxon, bassist Alex James and drummer Dave Rowntree will take to the 90,000 capacity arena for a slew of hits spanning from the '90s to now.

TAYLOR SWIFT COMES TO THE UK

The pop superstar has been on a creative hot streak in the last few years.

Although she has not yet announced any UK dates, some fans were able to sign up for a presale by preordering her latest record.

Swift has promised her upcoming Eras tour will be "a journey through the musical eras of my career (past and present)".

Latest music OUR PICK OF THIS WEEK'S

CIRCA WAVES
NEVER GOING UNDER

It is a delight to be welcomed into the Liverpudlian four-piece's fifth album with namesake track Never Going Under – a swaggering tour-de-force of guitar-laden rock.

Euphoric anthems Hell On Earth and Your Ghost seem destined to be belted back by fans on their upcoming tour. Similarly, singles Do You Wanna Talk and Carry You Home revisit their winning combination of feelgood dance numbers with heartfelt lyricism.

All in all, the album overflows with clean-cut indie bangers wrapped up in a compelling shade of grey.

ALBUM OF THE WEEK

FELA KUTI
SHAKARA (50TH ANNIVERSARY EDITION)

Partisan's vinyl reissue of Nigerian Afrobeat pioneer Fela Kuti's 1972 album Shakara, like his other early 1970s releases, uses each LP side for an immersive 13-minute performance.

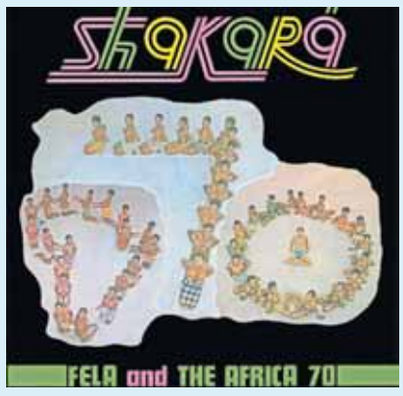
Shakara's side A, Lady, is smooth and funky, with Pidgin English lyrics about how Western influences have changed the way African women behave.

It's often criticised for being misogynist, though some argue it is tongue-in-cheek post colonial commentary. Musically, however, it's a delight, with singing trumpets and sultry sax layered over percussive guitar.

The second side title track sees Kuti criticise boasters in Yoruba. Electric piano, guitars and brass take the forefront in a call-and-response form.

This reissue also features a reimagining of the album by British jazz quintet Ezra Collective on a 7-inch. Ezra Collective's instrumental version of Lady is even bouncier and lighter, with synth and jazz-led trumpets bringing an exciting new flavour to the 50-year-old track.

The Shakara remix leans into the electronic elements of the original, adding drums, keys and guitar effects to complement the brass top layers.



ON HOT STREAK: Taylor Swift has a huge following.

STORMZY CURATES HIS OWN FESTIVAL DAY

The grime star is yet to confirm tour dates following the release of his latest album, This Is What I Mean – his third consecutive number one. However, he has locked in This Is What We Mean Day, a one-off event as part of the All Points East festival in London's Victoria Park in August.

BEYONCE AND ADELE FACE OFF AT THE GRAMMYS – AGAIN

The duo are both nominated in the album of the year category for Renaissance and 30 respectively.

They last competed for the prize in 2017 when Adele won album of the year for 25 and record and song of the year for Hello,

Stormzy.

NEW TO STREAM

THE LAST OF US

9 EPISODES, FROM JANUARY 16 ON NOW

THRILLER/HORROR/ACTION/ROMANCE

In a post-apocalyptic United States, 20 years have passed since a mutant fungus transformed the infected into tenacious predators. Modern civilisation has been decimated and survivors are confined to quarantine zones under totalitarian rule.
Joel (Pedro Pascal) escaped infection, along with his younger brother Tommy (Gabriel Luna), and he works as a smuggler in Boston. They are hired to smuggle 14-year-old girl Ellie (Bella Ramsey) out of a quarantine zone. The teenager may hold the key to engineering a cure and restoring mankind.

HUNTERS II

8 EPISODES, PRIME VIDEO

THRILLER

Al Pacino reprises his role as one of the founding members of a clandestine group, which is devoted to unmasking Nazis in 1970s New York and beyond, in the second series of a blood-soaked drama inspired by true events.
Vengeance-seeking Meyer Offerman (Pacino) confronts ghosts from the past that could expose his true identity and pose a threat to the rest of The Hunters.
The team, including Meyer's protege Jonah Heidelbaum (Logan Lerman), concentrate on hunting down Adolf Hitler, who is supposedly in South America. The dangerous mission will test the group's resolve to breaking point.

Gay romcom's a treat

BROS (15)

BUY, DOWNLOAD OR STREAM AND ON DVD/BLURAY FROM FEBRUARY 6

COMEDY/ROMANCE

Sardonic podcaster Bobby Lieber (Billy Eichner) wholeheartedly embraces his role as curator of the first National LGBTQ+ History Museum in America, which requires an investment of five million dollars to open.
Away from fundraising, he wears his single status like a badge of honour to the chagrin of a close circle of friends that includes married couple Tina (Monica Raymund) and Edgar (Guillermo Diaz).
During the launch party of a new gay dating app called Zellweger, where men chat about their favourite actresses before they hook up, Bobby locks eyes with handsome jock Aaron Shepard (Luke Macfarlane), whose masculine energy is intimidating.
Despite obvious differences, the two men awkwardly navigate a no-strings relationship that is complicated when Aaron's soon-to-be-married high school crush (Ryan Faucett) unexpectedly breaks off his engagement and comes out of the closet.
Billed as the first gay romantic comedy released by a major Hollywood studio with a predominantly LGBTQ+ cast, Bros is an effervescent and effortlessly charming treat.

The script, co-written by Eichner and director Nicholas Stoller, is delightfully self-aware and mines humour from key talking points in gay culture without artificially sweetening or sanitising on-screen behaviour.
The first hour is noticeably funnier before Stoller lays the groundwork for a grand romantic gesture that unabashedly plucks heartstrings. Eichner and co-star Macfarlane catalyse winning chemistry from their first lingering glance across a nightclub dancefloor.

THE ESTATE (15)

SKY CINEMA, NOW

COMEDY/DRAMA/ROMANCE

Greed tears a family apart in a comedy of appalling manners.
Macey (Toni Collette) and her sister Savanna (Anna Faris) have run out of ideas to keep their cash-strapped restaurant afloat.
They hatch a plan to ingratiate themselves to terminally ill and obscenely wealthy aunt Hilda (Kathleen Turner) in the hope that their ailing relative will write them into the will as beneficiaries of her vast estate.
Unfortunately, cousins Beatrice (Rosemarie DeWitt) and Richard (David Duchovny) have the same idea, pitting blood relatives against one another for Hilda's affections.

MAYOR OF KINGSTOWN – SEASON 2

10 EPISODES, FROM JANUARY 16 ON PARAMOUNT+

THRILLER/ROMANCE

Mike McLusky (Jeremy Renner) inherited the position of mayor from his late older brother Mitch (Kyle Chandler) in a town where the only lucrative business is incarceration.
The McLusky clan is led by fiery matriarch Miriam (Dianne Wiest), who teaches inmates at the female prison, while Mike's younger brother Kyle (Taylor Handley) works as a detective for Kingstown Police Department.
The McLuskys often take the law into their own grubby hands and, following a riot at the prison, they may have to bend the rules to restore some semblance of peace.

NEW RELEASES

GAZ COOMBES

TURN THE CAR AROUND

The uplifting fourth solo album from Supergrass frontman Gaz Coombes captures the highs and lows of modern life. The atmospheric, piano-heavy opener Overnight Trains is full of wistful hope, a feeling that emanates throughout the record.
The art-rock groove of Don't Say It's Over demonstrates Coombes' talent for lyrical ambiguity, leaving room for personal interpretation. Turn The Car Around addresses the twists and turns of day-to-day life, while offering a reminder to take a step back to enjoy time with those close to you.

MARGO PRICE

STRAYS

Singer-songwriter Margo Price is stomping through the American wild west with her latest LP.
She pushes aside notions of what is, and what is not, country music as she mixes rock, pop, rhythm and blues plus a little punk energy to give us something we did not know we needed.
Throughout the album, it is clear Price is on a reflective journey as she faces loss, lies, failure and substance abuse.
The funny and deep lyrics and pushy tempo should win large crowds and accolades on both sides of the Atlantic.

Space horror revisit

GAME OF THE WEEK

DEAD SPACE (2023)

PS5, XBOX SERIES X/S, PC, £49.99-59.99

Repair engineer Isaac Clarke docks with the USG Ishimura for routine work, only to find disaster, horror and a missing girlfriend! The Dead Space franchise is making a return with this remake of the original instalment, and fans have been very positive about what they've seen so far in the released trailers and footage. Completely rebuilt, the EA Motive Studio team have added detail and, while keeping to the original story, making changes that will pack plenty of surprises for even the most hardcore fans of the franchise. This isn't just a remake with a new lick of paint. The developers have listened to feedback and taken advantage of technology that has moved on since the original release in 2008, making improvements to the game environment and gameplay. The Dead Space remake is expected to deliver on its hype, offering fans a new look and feel to a game they love, and bringing new gamers to a world of claustrophobic, space station horror, that will have them slicing and blasting monsters for hours.

FINAL FANTASY XVI

PS5, £69.99

Final Fantasy XVI is set to shake things up. A new combat system designed by Ryota Suzuki, who worked on games such as Devil May Cry 5 and Dragon's Dogma, promises to be the series' most stylish yet. Naoki Yoshida, director of beloved MMORPG Final Fantasy XIV, is on hand as producer and XIV's composer is also lending his expertise. The story takes place in the medieval setting of Valisthea, a world where nations use powerful summoned monsters to wage war for magical artefacts. Taking more than a hint of influence from Game of Thrones, the 18 rating promises a no-holds-barred adventure.

SPONGEBOB SQUAREPANTS: THE COSMIC SHAKE

PS4, XBOX ONE, PC, NINTENDO SWITCH, £34.99

Travel across worlds like Wild West Jellyfish Fields and Halloween Rock Bottom, as SpongeBob and Patrick gain hold of magic bubbles from a mysterious fortune teller Madame Kassandra. These worlds will be full of knights, cowboys, pirates, and prehistoric snails, along with favourite characters from the series. The game looks to be your classic platformer with the ability for SpongeBob to change costumes and ride animals and surfboards. The acting won't throw you off, as the game features the original voice actors. Overall, it looks to be a charming game with smooth gameplay and graphics.

Finding light at dark time

Even in life's darkest moments, there's a laugh to be had. Tears of grief turn to giggles of joy, anguished bickering turns to hugs of solidarity, and in moments of heartbreak you'll find glimpses of hilarity.

New ITV comedy The Family Pile leans into this phenomenon, taking one of the most heartbreaking but pivotal periods of a person's life – the death of a parent – and extracting the light from the darkness.

The sitcom tells the story of four sisters – Nicole, Ursula, Yvette and Gaynor – who, in the aftermath of their parents' deaths, prepare for the sale of their childhood home. It's poignant and touching, but the humour provides an antidote to the pain without ever ignoring that it exists.

"We are so rubbish in this country at death, we're so silent about it, and we all go through it and we're all miserable on our own, and there's something about sharing that awfulness that just helps," says Clare Calbraith, 49, who plays "lively, glass half-full" middle sister Yvette.

"I'm one of five sisters, and we also lost our mum not that long ago," says Claire Keelan, 47, who plays "perfectionist" high-achiever Ursula.

"You know, when it does happen, it isn't all schmaltzy and sentimental," she adds.

"There are moments of huge, horrific pain, of course, which everyone knows, but there are moments of almost hysterical humour. Everything is so heightened around those times that when you start laughing it's such a release."

BY RACHAEL DAVIS

"And we missed out the bits where, in reality, you'd be in a foetal position sobbing on the floor," laughs Calbraith.

"But we all know those bits exist, we don't need reminding of those bits. What we need reminding of is that there is comedy and hope."

Keelan and Calbraith are joined by Sherlock's Amanda Abbington, who plays "matriarchal", "acerbic" and loyal eldest sister Nicole, and Coronation Street's Alexandra Mardell, who plays Gaynor, the youngest.

All four women are fully fledged grown-ups with marriages and long-term partners, children, and homes of their own when we meet them in The Family Pile, and three out of the four are firmly in middle age.

"I liked the idea of it being four women in central characters, and not younger women, women slightly older, who've had a bit of experience," says Abbington, 48, acknowledging that it's tragically uncommon that we see a sitcom centred around middle-aged women, a demographic which is all too often made invisible by society.

Instead, The Family Pile seeks to show how "you can have more of a laugh, which is, I think, what a lot of women our age start to realise", Keelan says.

Cast of The Family Pile.

FAMILY TIES: Yvette (Clare Calbraith), Ursula (Clare Keelan), Gaynor (Alexandra Mardell) and Nicole (Amanda Abbington).

"Being this age, where you are going through the trials and tribulations of midlife, whether you've got kids or not, losing parents, all these sorts of things – mostly, I've found with my friends, how we get through it is humour. You know, if you don't laugh..."

"And also, we're 51% of the demographic," says Abbington.

"It affects a lot of people in the country. And I think seeing women, slightly older, just being on television and being normal and being funny, is a very, very good role model. I do think it's really aspirational to women, because they can go out there and not be inhibited about being funny. There is such a stigma about older women being funny, reaching a certain age and then being like, they're invisible now.

"I think with this sitcom, we're not invisible. These characters are so dynamic. We need more of that on telly. And the more you see it, the more it becomes normal."

"I think there's a real problem where women of our age are aged up a little bit," adds Calbraith.

"I know loads of really gorgeous, sexy, funny women who are in their 50s and they get on telly and they give them a grey wig and a cardigan. It's this dumbing down of women.

"It's refreshing to not be able to do that, to just be your age, in all of those multitudes that that means for different women.

"You'd be amazed at how many shows you do where somebody will take you aside and tell you to be less funny. Because, actually, you know, the man is the lead, and they want him to be funny. It happens all the time."

For a series that centres around tragedy, grief and loss in a family, The Family Pile deftly manages to stay in comedy and never tip over into the tragic or doleful. Dealing with such a universal experience – a parent's death – was bound to stir up the cast's emotions, but drawing a line between personal memory and the series' comedy was an important, if at times difficult, distinction for the stars to make.

"We all go through these awful milestones, and humour is often the only thing that pulls us through," says Calbraith.

"It's what makes us human, I suppose. It can't not make you think, but it's comedy, so you can't think too much!"

"I couldn't really go there with my personal experience for the job, especially because it was a comedy," adds Keelan.

"There were times we had to go back and redo a take – there's one I remember with me and Clare Calbraith when the house had emptied, and we just lost it. Had to walk off. Because you've been through these moments, but it's a comedy, so it's just not appropriate.

"There are definitely moments where I think for the audience watching, those moments will be poignant for them. But then it moves on. And I think that's quite a nice thing, because it's sort of the sweetener, I think, for these things."

THE FAMILY PILE

STARTS ON ITV1 AT 9.30PM ON TUESDAY JANUARY 17

'PERMA CRISIS ANTIDOTE': Michael McIntyre says the new series of his Big Show is aiming 'to raise the spirits of viewers'.

Big Show promises

Nothing promises big stars, big laughs and big surprises quite like Michael McIntyre's Big Show.

The BBC1 variety series, which started out as a one-off special in 2015 and will soon boast six seasons to date, is the tour de force of prime time Saturday night entertainment – and its latest run is set to be no different.

"Three long years of me not getting my hands on a single celebrity's mobile phone, of people sleeping soundly without fear of me sneaking into their bedrooms... well the wait is over," teased comic McIntyre, 46, when news of his show's return was announced.

Back for the first time since 2019, the stand-up hit is back to being filmed in front of a live audience at London's Theatre Royal, Drury Lane.

As well as new skits, fans can expect to be reunited with regular features such as Send To All (where a celebrity's phone is apprehended and an awkward text message is sent to all contacts); Celebrity Midnight Gameshow (where McIntyre sneaks into celebrities' homes at midnight to surprise them and play a gameshow); and, of course, Unexpected Star Of The Show (in which an unsuspecting member of the public finds themselves on

BY GEMMA DUNN

stage giving a performance of a lifetime).

"We all know that (the past few years) has been a perma crisis, so I'm trying to raise the spirits of viewers," McIntyre says, proudly labelling the series "an antidote".

"I do make a little spiel at the top of the show, a very quickfire thing, about everything that's happened," he says. "I basically list all the slogans, like Get Brexit Done, Hands Face Space, Eat Out To Help Out – then we end up with a rendition of God Save the King... and then we have some fun!"

The first instalment of "fun" comes in the form of episode one, which stars TV star Rylan Clark as he bravely hands over his phone; Joel Corry and Tom Grennan who perform their single Lionheart (Fearless); an unsuspecting Antiques Roadshow fan who receives the biggest surprise of his life; and a heart-warming closing performance from an Unexpected Star.

"Amazingly, people do keep giving me their phone," quips McIntyre. "Although it's now on WhatsApp as apparently people don't text anymore, which is actually a lot easier because we can group everybody in whereas before we had to frantically text everyone!"

This series, he recounts his Send To All "victims" as Stacey Dooley, who he says had a "flippy phone thing" on which he struggled to get a signal until he was "practically hanging off the stage"; Alison Hammond, who he remarks is "completely hilarious and delightful"; Lewis Capaldi, who let the comedian dig into his dating app; and Jonathan Ross, who "knows every famous person in the world".

"Jonathan has got everyone's number – he's still texting me saying people are still texting him back, so that was probably the funniest in terms of replies because everyone under the sun got back," McIntyre recalls.

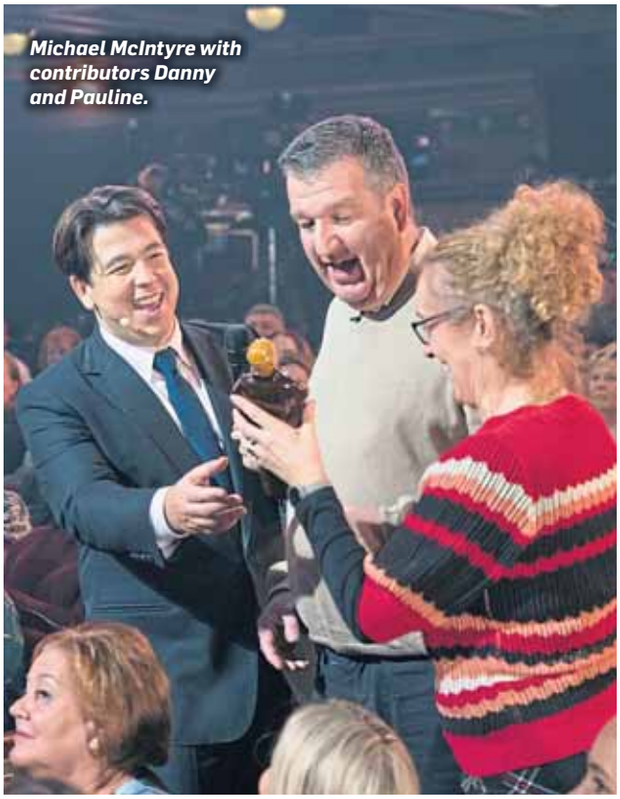
"But with regards to the fear of handing phones over, we're more attached to our phones than we were when this show started," he muses. "I mean, I don't know about you, but the only time I'm not looking at my phone is when I get my screen time report from my phone telling me I have to get off my phone.

"If only you could see how frantic it is in the interval of the show, when we're just desperately waiting for people to text back," he adds chuckling.

"Because you know what it's like if somebody sends you an embarrassing text, sometimes you just sit on it. You take your time to get back to them.

"There's nothing more annoying than funny replies coming in after the show – or later."

As for Celebrity Midnight Gameshow, London-born McIntyre



Michael McIntyre with contributors Danny and Pauline.

big fun

used to visit members of the public before switching to celebrities, who he states have been really up for it – so far.

"Celebrities are different because something kicks in where they go, 'Oh I'm on TV on Saturday night' and they suddenly start to show off," reasons the dad-of-two. "Whereas, members of the public, not always. I mean, there was a man who threw us all out once. And we had another one where he obviously knew that we were coming because he was so prepared. It was hilarious."

He adds: "I just did one a couple of weeks ago with Alexander Armstrong and he spent the whole time going, 'I can't believe you do this for real'. I mean, people can't actually believe that I'm in their house at one o'clock in the morning."

His best Unexpected Star moment, he says, comes this series in the form of 78-year-old Anne, who is blind and had sung to her street during lockdown.

"She was nominated by one of her neighbours," McIntyre says. "And it's just the most incredible surprise on her. She was just so happy, and she duetted with her singing hero, so it's incredible.

"I always think it's going to go wrong, that something's gonna twig, but it's actually quite amazing how when you're pranking someone, they just go with it. I think their mind is like 'Something's going on but it's probably good, so let's just carry on'," he says, putting it down to polite Britishness.

"But people watch telly to live through the reactions of the people we're surprising – or the people winning loads of money. That's why it's so fun."

Other than plenty of much-needed fun, what else does he hope his Big Show will offer viewers?

"Distraction," he says, pondering over his answer. "It's such a minor thing that we can do, making television shows, but when it's TV at its best, it's just a really nice distraction from everything else.

"But also, I wanted to try – and we have done a little bit like with Anne that I referenced – to celebrate good people. That's just so important. You like to see the good in someone, and us giving a very deserved person a wonderful surprise. And of course, to litter that with comedy and silliness.

"It's exciting making stuff that can make people feel positive, because so much is driven in the opposite direction now," he finishes. "So yeah, that's what we're trying to do."

MICHAEL MCINTYRE'S BIG SHOW

RETURNS TO BBC1 TONIGHT

HOME AND AWAY: Bree isn't ready to go to the police about Jacob.

Memory mistake triggers murder

OUR ROUND-UP OF ALL THE BIG SOAP ACTION FOR THE WEEK AHEAD

EASTENDERS

Alfie decides to help Linda (and himself) by reopening the Vic and, if that wasn't enough to boost the locals' spirits, he also organises a summer-themed party to banish the January blues.

However, that's not how Linda sees it when she walks in on the bash and accuses Alfie and the regulars of not caring about Mick's death.

After some pointed remarks from Suki, Zack realises he needs to face up to his situation. Meanwhile, Whitney goes for her scan, and starts to wonder if she should give Zack another chance after she learns he's been asking about the baby's test results.

Maid-of-honour Kim starts planning Lola's hen party and gives the bride food for thought when she asks if her mother will be on the guest list. Jay thinks it goes without saying that Ben will be his best man, but his mate is hurt that he hasn't been asked.

Lily makes a big decision, Denise is unhappy when Ravi starts flirting with Chelsea, and Ricky wins custody of Scarlett, but is Sam also included in his future plans?

CORONATION STREET: Teddy makes a big mistake when he tells Stephen his memory has returned.

CORONATION STREET

Teddy reveals his memory has returned – and wastes no time in telling Stephen he thinks he killed Leo so he could have Jenny all to himself. Stephen retaliates by murdering him too. He then stuffs Teddy's body into Audrey's car roof box – just as she's heading off to see her friend in the Peak District.

Tim also wonders whether Stephen is the nice guy he appears to be after Elaine admits he's cooled their relationship since she leant him a considerable amount of money.

Daisy discovers that DJ Justin isn't the man she thought he was, and Paul reacts violently on hearing that Mike and Esther have told the police that Summer lied about her pregnancy as part of an extortion plot.

Nick fails to stop Damon dealing drugs at the bistro, Fiz and Tyrone hope a pet will distract Hope from her John Stape obsession, and Gemma decides to launch a business offering BSL-friendly childminding services.

HOME AND AWAY

Dean tries to stick up for Ziggy by criticising Justin for slashing her hours at the garage, but his interference only seems to make matters worse. Justin

EASTENDERS: Alfie reopens the Vic to boost the locals' spirits, but not everyone is happy about it.

eventually finds a way to get back into her good books – here's hoping Dean does as well.

Remi provides Bree with a shoulder to cry on as she searches for a way to escape from Jacob. He'd like to provide her with a lot more, but Eden thinks he's getting too attached to her. She also encourages Bree to report her tormentor.

Rose takes far too much interest in Xander's love life for his liking. He and Stacey eventually go on their date, but a nice meal out turns into a disaster thanks to an emergency at the restaurant.

Nikau is thrilled when Tane asks him to be his best man, but his obsessive approach to the wedding plans becomes a cause for concern. Bob disturbs Theo, and Marilyn returns home at last.

EMMERDALE

A nervous Gabby pitches her idea about expanding the business to Nicola, councillor Colin and representatives from local schools. To her delight, everyone gives her the thumbs-up, including Kim. Gabby celebrates by getting drunk on Champagne, and in an inebriated state, she tries to kiss a horrified Nicky.

Dawn witnesses him giving her the cold shoulder, so the next day, during a heated discussion, Gabby decides to bring her down a peg or two by calling Dawn a prostitute – something overheard by a stunned Clemmie, Will and Lucas.

Chloe may be patching things up with Amy, but that's about the only matter that goes right for her this week. Mackenzie wants her out of his hair, and she's forced to lie to get a suspicious Sarah off her back.

Paddy feels increasingly isolated from the Dingles, Bernice considers buying the B&B after being made redundant, and Rodney tries to help Mary with her dating app.

HOLLYOAKS

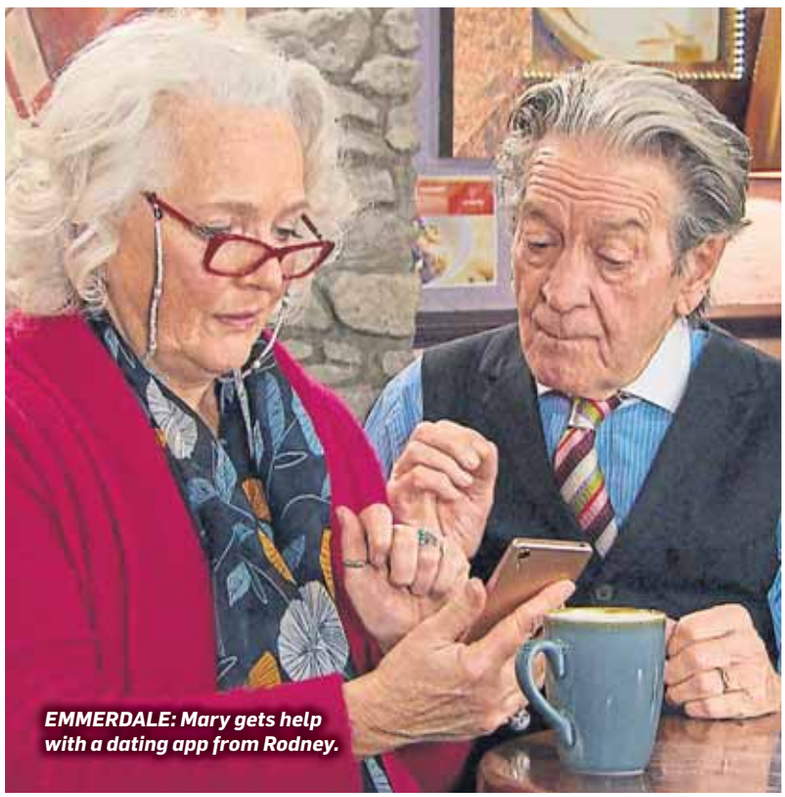
Warren is rushed to hospital after coughing up blood, and Norma is quick to tell him she's a suitable donor. However, when they inform her that the surgery must be done immediately, she goes missing.

Before that, Sienna has a change of heart. At first, she starts to sympathise with Warren's situation, which doesn't go down well with Ethan, and she then tells Grace that she's having doubts over their plan.

During Misbah's last day working at the hospital, she starts to realise that Zain is hiding something when she finds a wad of cash in a cereal box. And as the payment for Imran's clinic hasn't been made, she puts two and two together.

Elsewhere, new characters Rayne and Lacey move into a shared house with Prince and Nadira, but Romeo is not impressed by his new housemates.

Heart-broken Shaq realises that Verity booked him a trip to Paris.



EMMERDALE: Mary gets help with a dating app from Rodney.

Darren Harriott, Mollie Gallagher, Siva Kaneswaran, Ekin-Su Culculoglu, The Vivienne, Patsy Palmer, Joey Essex, Michelle Heaton, John Fashanu, Nile Wilson and Carley Stenson.

Rink glitz remedy for January blues

When the Christmas decorations come down and the dark nights of January are no longer illuminated by sparkling lights, it's easy to feel bereft at the loss of the glitz of the festive season.

Thankfully, though, we don't have long to wait for the return of ITV's Dancing On Ice and its shimmering costumes, stunning routines and sparkling rink, bringing a much-needed antidote to the January blues.

Eleven brave celebrities are taking to the ice this year – EastEnders actress Patsy Palmer, footballer John Fashanu, Love Island winner Ekin-Su Culculoglu, Olympic gymnast Nile Wilson, Coronation Street star Mollie Gallagher, drag queen The Vivienne, TV personality Joey Essex, comedian Darren Harriott, West End star Carley Stenson, singer Michelle Heaton and The Wanted's Siva Kaneswaran – joined by their world-class ice dancer partners, hosts Phillip Schofield and Holly Willoughby, and expert judges Jayne Torvill, Christopher Dean, Ashley Banjo and Oti Mabuse.

Ahead of the new series launching, we catch up with some of the contestants to find out how they are feeling about lacing up their ice skates and taking to the rink.

BY RACHAEL DAVIS

PATSY PALMER, WHAT ARE YOU MOST NERVOUS ABOUT FOR DANCING ON ICE?

When I was doing Strictly Come Dancing I used to get sick from spinning. I hadn't really watched it so I didn't realise how much spinning was involved.

I was really gutted about that because it used to set me back. If I hadn't had that I think I could have gone way further in the competition. I'm hoping that, with the momentum on ice, it won't happen.

I'm nervous about hurting myself, especially at my age as I'm 50 now – I don't want to break any bones or anything!

Mainly it's just the physical side that makes me scared, but I know for a fact I'll be super-nervous when it comes to the live shows – I get very nervous. But it's good to have a little bit of nerves.

EKIN-SU, YOU'VE WON LOVE ISLAND – WHY DANCING ON ICE?

I'm really competitive and I used to ice skate when I was a little girl – I did a show when I was six or seven and then I started doing ballet.

I've always had a performance side in my blood and I think Dancing On Ice will be hard, but it's an opportunity to show a different audience a side to me. I can see myself winning it.

I've never been scared in my life, I've never been nervous in my life, I've always been confident.

I think the only time I'd be nervous would be at the final. I know I'm going to fall and hurt myself because in life you fall and hurt yourself. I'm ready!

THE VIVIENNE, WE ALREADY KNOW YOU'RE A FANTASTIC PERFORMER. WHAT WOULD YOU MOST LOVE TO PERFORM ON DANCING ON ICE?

I used to sit and watch Dancing On Ice and just be in awe. Every time they're flying – it's my dream to fly like in the Mary Poppins routine. I'd love to do Wicked.

I'm a big musical theatre geek – I've seen Mary Poppins 12 times! I love themes like "icons" because I love Cher and Dolly Parton – anything to do with impersonation, there are just so many different elements to it.

MOLLIE GALLAGHER, WE'RE QUITE FAR FROM CORRIE ON THIS ICE RINK! WHY DID YOU WANT TO LEARN TO SKATE?

I've always found the idea of ice skating really magical. There are always ice rinks at Christmas and it has this magic vibe. Also, as I've gotten older I've realised that I don't have very good co-ordination and I'm always thinking "How can I improve it?"

After doing Dancing On Ice, I'll be able to do anything! I don't even drive, but once I do this I'm going to get that driving licence.

I don't really have any hobbies, I just wanted to be an actor growing up and I put all my time into that.

Now, I'm lucky enough to act every day on Corrie so it would be nice to have a hobby as well that I enjoy doing.

NILE WILSON, YOU'VE CONQUERED THE OLYMPICS, AND NOW YOU'RE TAKING ON THE ICE – WHAT ARE YOU LOOKING FORWARD TO?

I've been retired from sport for the last couple of years. You struggle to find the real purpose, it's a really difficult thing. I'm a competitor so I really want to win! There is a fire inside of me that makes me a competitor.

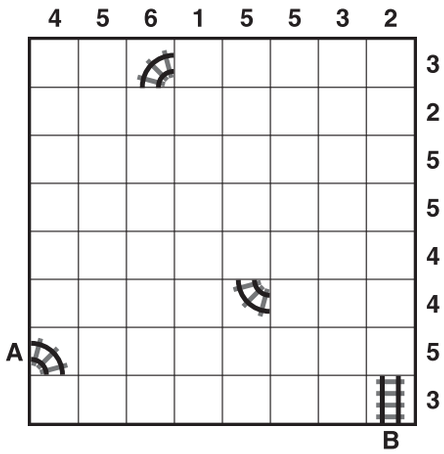
It's going to be a really amazing experience. With my gymnastics background I'm body-aware and I'm really passionate about doing something on the ice that no other contestant has done before – I really want to shock the viewers and almost make history!

PUZZLES

FOUR PAGES OF FUN START HERE

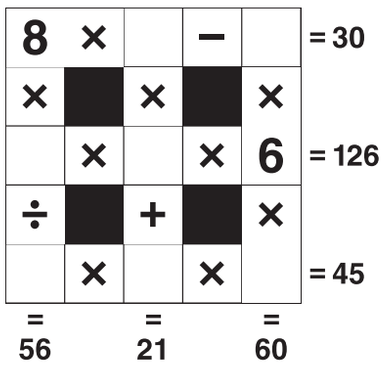
MAKE TRACKS

Lay tracks to enable the train to travel from town A to town B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.



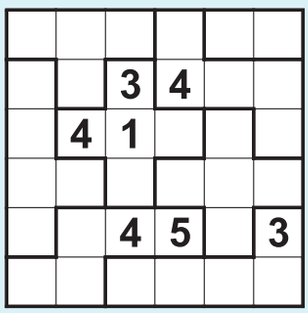
SET SQUARE

Place each of the digits 1 to 9 in the grid to make the sums work. We've started you with two numbers.



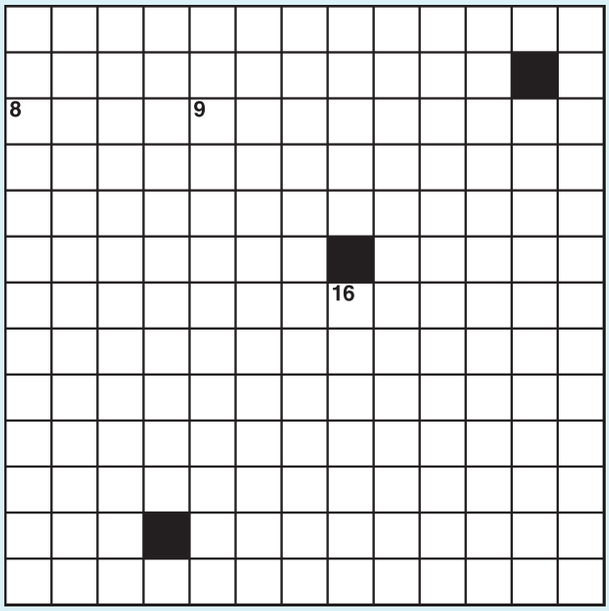
SUGURU

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. The same digit must not appear in neighbouring cells, not even diagonally.



SKELETON

With this puzzle the black squares have to be filled in as well as the words to form a grid with a symmetrical pattern. We have placed some squares and numbers to get you started.



ACROSS

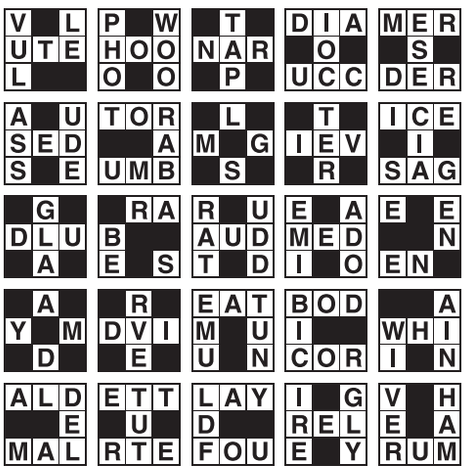
1 Highly seasoned Italian sausage
4 Preserve the old Egyptian way
8 Giant bird in The Arabian Nights
9 Drying-cloth
11 Be wrong
12 Made of 'green' materials
15 Top of a feeding bottle
16 Rusty old ship
20 Concerning the design and construction of buildings
21 At this time
23 Debatable point
24 Chump
25 Compelling
26 Constant

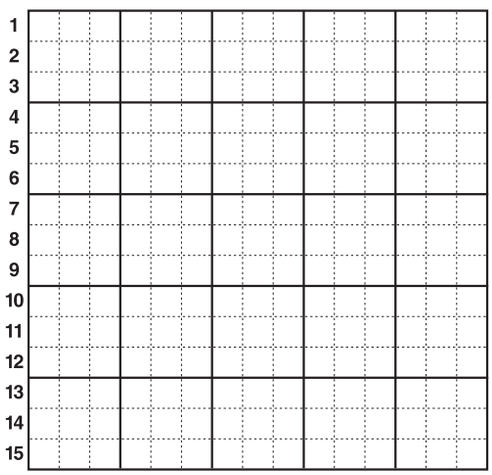
DOWN

1 Lighting that flashes periodically
2 Crimson resin
3 Numbers expert
5 Inability to cope with daily life
6 Dined
7 Felt-tipped pen, eg
10 Slender but strong
13 Of the eye
14 Supplier of bread and pastries
17 Double-size bottle
18 Old stabling yard
19 Garish and cheap-looking
22 Chinese cooking pan
24 Turkish governor

PIECEWORD

With the help of just the Across clues, fit the pieces in the grid to form a crossword that is symmetrical, left to right and top to bottom.





ACROSS

1 Take nourishment
2 Mobster • Without a weapon
4 Close-fitting upper part of a woman's dress • Water-cooling element of a car engine
6 Sprig of flowers • Surrender
8 Passing fanciful idea • Showy • Silent
10 Clothing and accessories for a newborn infant • Shade of green
12 Number of days in a fortnight • Concerning skin
14 Mitigate • Recommended
15 Old naval drink

MORE BRAINTEASERS OVER THE PAGE • SEE BACK PAGE FOR ANSWERS

PUZZLES

SUDOKU

Each row and each column must contain the numbers 1 to 9, and so must each 3x3 box. This is a logic puzzle, and you should not have to guess.

EASY

5			9	1				
							9	
		4		7		3		1
	6	8			1	7	3	2
7								5
	3	5			7	9	1	8
		1		5		4		6
							7	
2			4	3				

MEDIUM

			6				1	
		8				2		
5			9		2	6		
	8	9	1	3				6
						1		
	1	4	7	5				2
7			5		1	3		
		3				8		
			4				9	

HARD

	7					6		
		1		9		5	7	
3					6			4
		6		3	9		5	
								6
		9		1	7		2	
2					1			5
		5		8		4	9	
	8					1		

CROSSWORDS

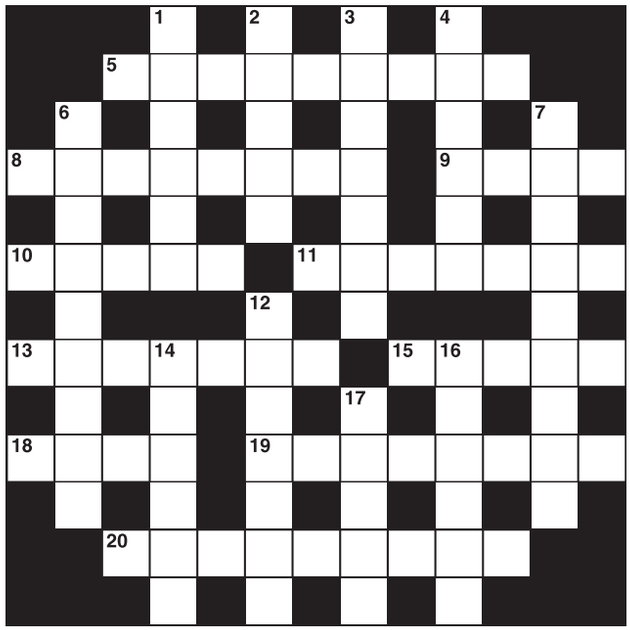
CRYPTIC

ACROSS

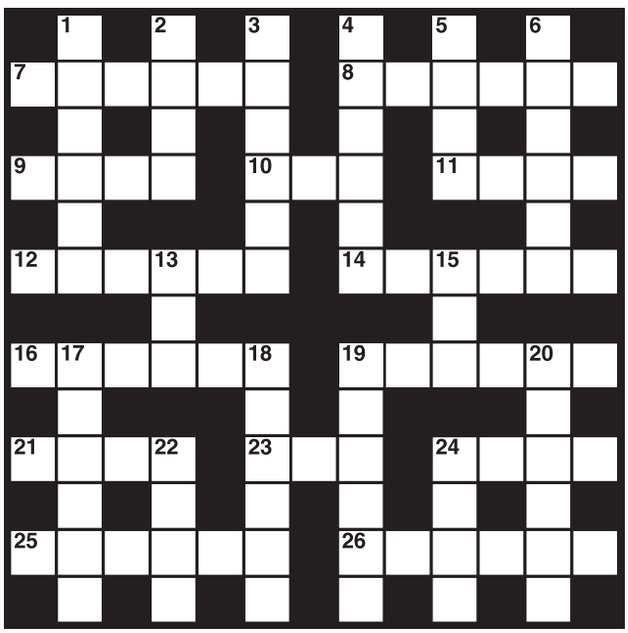
5 Artwork to carve on river (9)
8 Car examination way over the river (4,4)
9 Creature found in hedgerow or marsh (4)
10 Heath plant in Exeter I catalogued (5)
11 Cold sound around lunchtime? Go away! (7)
13 Double-cross twice almost (3-4)
15 Change around later (5)
18 Polish unknown gem (4)
19 Rejected completely, we hear (5,3)
20 A foreign film, not quite complete, is obstructive (9)

DOWN

1 A police department in charge of tart (6)
2 Skins reversed to find nap (5)
3 Ton found in work of art by law (7)
4 Bird points to headgear (6)
6 Sad when surf low or choppy (9)
7 Tree garden plant to pierce with tin-opener inside (9)
12 English politician draws drains (7)
14 A judge's job is difficult (6)
16 Headline, very bad but permitted (6)
17 Cuts off part of farm produce (5)



QUICK



ACROSS

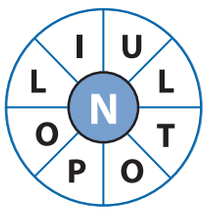
7 Pressurise (6)
8 Bead counting frame (6)
9 Nibble persistently (4)
10 Noise of disapproval (3)
11 Gather as a crowd (4)
12 Needleworker's pastime (6)
14 Fairly (6)
16 Fir tree (6)
19 Small bell's noise (6)
21 Cut down (grain) (4)
23 Viral infection (3)
24 1000 grams (4)
25 Racial (6)
26 Travel ___, place to book a holiday (6)

DOWN

1 Departure ___, airport waiting area (6)
2 Fore of a ship (4)
3 Square or round drink sachet (3,3)
4 Approval, admiration (6)
5 Friendly (4)
6 Struggle (6)
13 Promise of payment (inits) (3)
15 Great weight (3)
17 Pleasingly attractive (6)
18 Consequence (6)
19 Tropical bird with a brightly coloured bill (6)
20 Shrubs with mauve flowers (6)
22 Small horse (4)
24 Was acquainted with (4)

WORD WHEEL

Using only the letters in the wheel, find as many words as possible - no plurals, foreign words or proper nouns. Each word must be of three or more letters and all must contain the central letter. Letters can only be used once in every word. There is at least one nine-letter word.

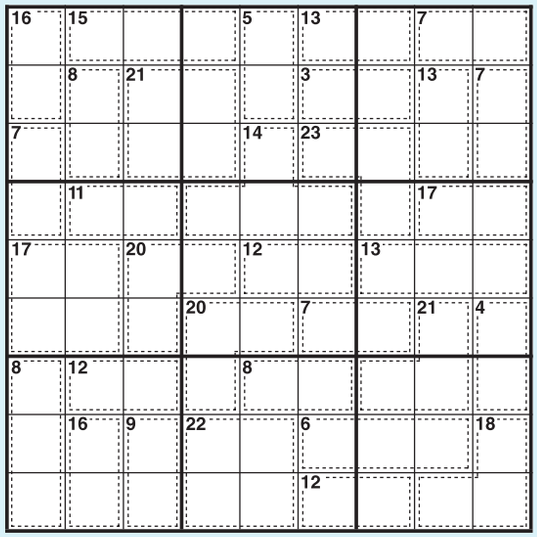


How you rate:
12, average; 17, good;

HOW WELL HAVE YOU DONE? • SEE BACK PAGE FOR ANSWERS

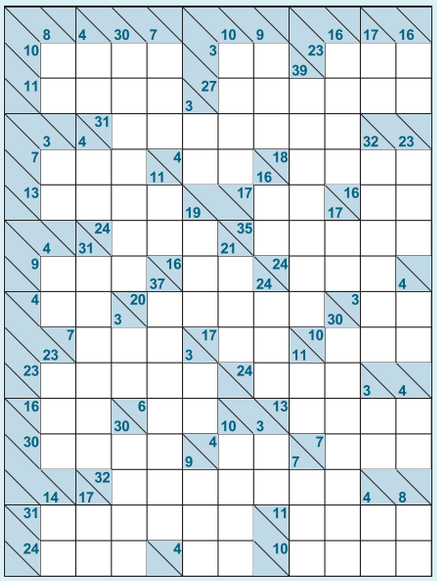
KILLER SUDOKU

Just like conventional Sudoku the aim is to fill each row, each column and each 3x3 box with all the numbers from 1 to 9. Your clues are the numbers in the dotted-line shapes, which represent the sum of the numbers within that shape. The same number cannot be used twice within a dotted-line shape.



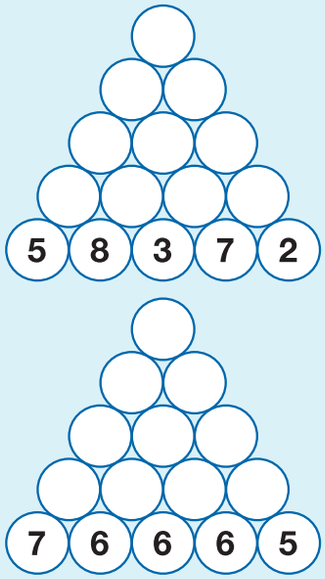
KAKURO

Fill in the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. The same digit may occur more than once in a row or column.



ADD UP

If the number in each circle is the sum of the two below it, how quickly can you figure out the top number? Try this one in your head, before writing anything down.



WORDSEARCH

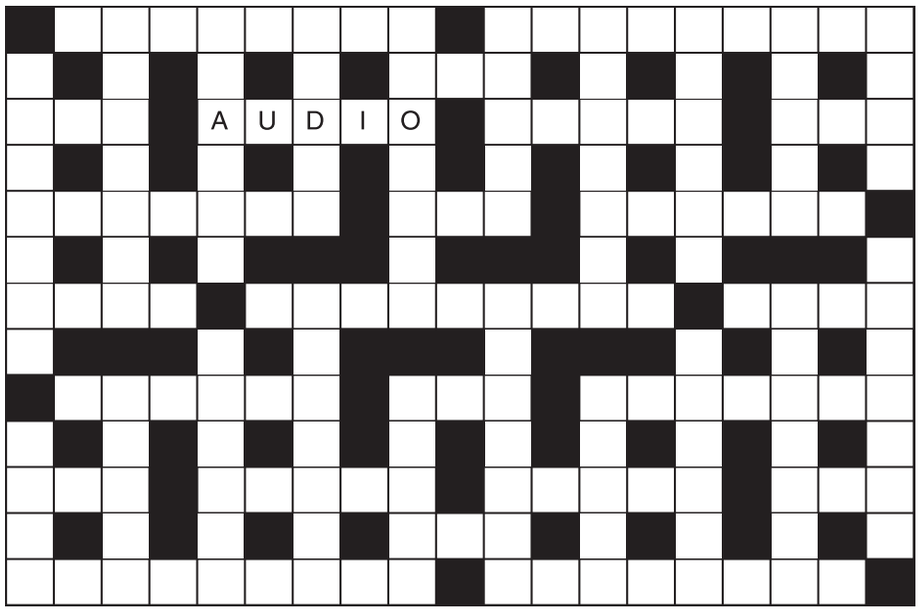
The listed synonyms for start can all be found in the grid. Words may run either forwards or backwards, in a horizontal, vertical or diagonal direction, but always in a straight, unbroken line.

P	B	E	G	I	N	N	I	N	G	M	S	A
S	R	A	A	S	H	A	L	O	M	S	C	A
O	S	E	H	T	R	I	B	I	L	T	A	F
P	G	H	L	S	A	D	T	T	C	O	H	O
E	D	N	L	U	A	M	A	P	V	S	C	R
N	T	F	I	W	D	E	L	E	H	A	N	E
I	S	O	N	L	C	E	R	C	C	D	U	W
N	O	I	T	A	I	T	I	N	I	G	A	O
G	N	N	F	U	U	E	T	I	O	A	L	R
G	B	E	S	R	B	E	V	L	L	M	E	D
S	R	O	E	E	R	E	O	N	T	A	S	E
P	W	H	U	E	T	R	D	C	U	D	I	L
I	N	T	R	O	P	R	E	M	I	E	R	E

BEGINNING
BIRTH
DAWNING
DEBUT
FOREWORD
INCEPTION
INITIATION
INTRO
LAUNCH
ONSET
OPENING
OVERTURE
PREFACE
PRELUDE
PREMIERE
PROLOGUE
RISE
UNVEILING

FITWORD

There is only one way to place the listed words in the grid. Can you do it?



3 LETTERS
AGA
AIM
APE
LEA
ONE
REF
SPA
USE

4 LETTERS
ACNE
LIME
OPEN
PRAM

5 LETTERS
ALTAR
AMAZE
~~AUDIO~~
GAUZE
INFER
KIOSK
REBUT
SLOPE
TIDAL
UNLIT

6 LETTERS
BIKINI
DETECT
EXCEED
FIERCE
FLACON
TICKET

7 LETTERS
BEDROLL
CUMULUS
GUMBOOT
ILLNESS
ISOTOPE
MEERKAT
OVERDUE
QUIBBLE
RETREAD
SWIMMER

8 LETTERS
CONFETTI
TREATISE

9 LETTERS
GUILDHALL
MARKETEER
SQUEAMISH

ANSWERS AT BOTTOM OF PAGE

ARROWORD

Follow the arrows to fill in your answers

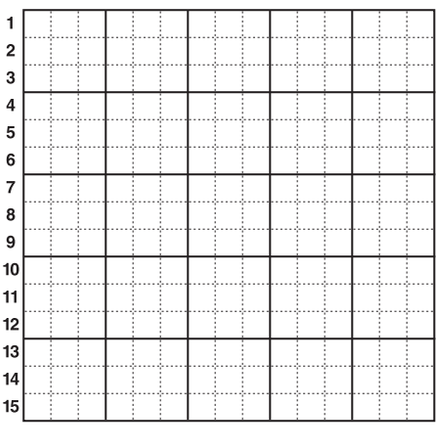
Shining-red bicycle part		Succoured		Emperor who fiddled while Rome burned	Shimmers, gleams	Young hoodlums		Bringing to life of cartoons		Time of life reached	Completely, wholly
								Scottish negative response			
Chewy ingredient of pavlova		__ Monte, brand-name tinned fruit				Arrange, straighten					
								Encountered			
Beyond what is obvious		Punctuation mark in a URL				Turkish chief				Totally committed	
			__ Spade, fictional detective	Drag				Bitu-minous substance			
Winning tennis serve		Take legal action against				Still breathing!					
				Rob __, Scott novel				Grease			
State of deep uncon-sciousness		__ Brown, Judi Dench film				*Grease* heroine					

PIECEWORD

With the help of the Across clues only, use the 25 pieces to recreate a symmetrical crossword in the empty grid.

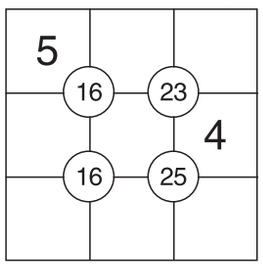
ACROSS

1 Chair or stool, eg • Speak unclearly, as if drunk
2 Slippery
3 Break up (a group)
4 In need of a drink
5 Body or main open portion of a church • Peak of perfection
6 Becoming adjusted to new circumstances
7 Notwithstanding
8 Change direction
9 Invention or place named after a person
10 Whinger
11 Instrument like a harp • Be next to
12 Raw material of cigarettes
13 Surround in a hostile way
14 Prolific, lush
15 Music for two • Expected standard



SUJIKO

Place the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of the four surrounding boxes.



SUDOKU

Place the numbers from 1 to 9 in each empty cell so that each row, each column and each 3 x 3 block contains all the numbers from 1 to 9.

Easy

			1			6	5	
		3			6		2	1
	5		4	2				
5				3	4			
7		2					8	
3				8	2			
	2		3	7				
		4			1		7	5
			2			9	1	

Medium

			1		7			2
4	2					1		
				8	4		6	
	4				2	7		8
			8			9		
3		1		7				4
	3		4					
	1	4			8		3	
5			3				9	

PATHFINDER

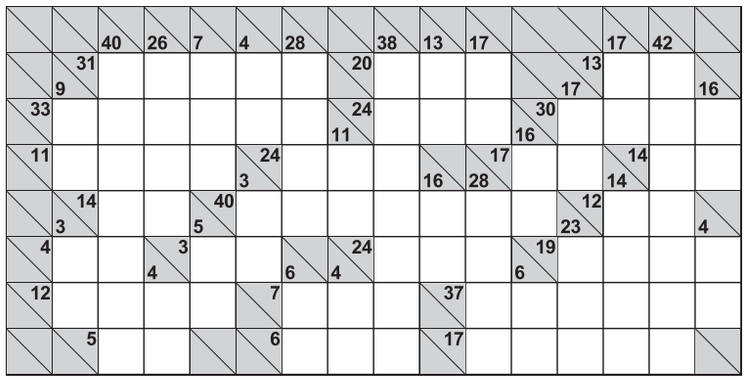
Beginning with the highlighted letter, follow a continuous path to find the listed words. The trail passes through each and every letter once, and may twist up, down or sideways, but never diagonally.

D	E	E	N	A	R	A	H	I	G	E
L	E	R	E	M	F	M	G	N	I	N
E	K	P	O	L	S	T	E	R	L	T
S	R	I	M	Y	E	K	N	T	I	U
M	A	R	M	I	N	G	I	T	N	O
R	R	T	K	C	S	R	E	W	G	G
I	E	H	R	U	I	A	P	O	I	N
N	L	D	E	T	B	N	L	O	T	L
G	A	D	E	R	U	C	K	R	A	I
B	E	L	D	R	O	B	O	C	M	U
O	N	I	N	I	N	G	U	N	T	Q

BORDER
BUCKRAM
COUNT
FRAME
GINGHAM
HERRINGBONE
KNITTING
LADDER
LINING
MARKER
NEEDLES
OUTLINE
PERSIAN
POLYESTER
QUILTING
TRIMMING
TUCK
WOOL

KAKURO

Fill the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same number twice in a block.



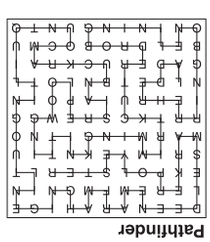
SOLUTIONS

Piecewords

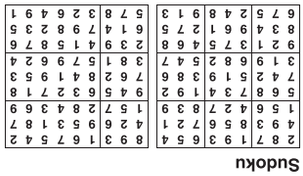
Kakuro

Sujiko
539
174
268

LADDER,
HERRINGBONE,
LINING, BORDER,
TUCK, TRIMMING,
KNITTING,
GINGHAM,
WOOL, PERSIAN,
BUCKRAM,
COUNT, QUILTING,
OUTLINE,
FRAME, NEEDLES,
MARKER,
POLYESTER



Pathfinder



Sudoku

Arrowords

THEY'LL BE THE JUDGE: Oti Mabuse, Jayne Torvill, Christopher Dean and Ashley Banjo.

DARREN HARRIOTT, WE KNOW YOU'RE A GREAT LAUGH, BUT ARE YOU A GREAT SKATER?

I like dancing and I like ice. That is actually a lie – I hate both! Why would I sign up for this? What's wrong with me?

I'm looking forward to it, I just want to be graceful. I like learning new skills and dancing on ice is a new skill. I'm not a graceful guy, I don't have much grace.

I've always said I'm like a full fridge, and I want this fridge to move like it's got wheels.

I want to look good, be graceful and feel confident on the ice. I'm probably not going to quit comedy for ice skating, however, if I can look really good then I might keep it going.

I'm quite competitive and I know it can improve my fitness and flexibility and I get to wear some cool costumes as well. I'm looking forward to wearing something with feathers!

JOEY ESSEX, ARE YOU FEELING NERVOUS ABOUT ANY OF YOUR COMPETITORS?

I wouldn't say there is anyone I'm scared to be up against. I beat Louie Spence at Lip Sync Battle and Mike Tindall at The Jump – no one scares me!

You could be a professional dancer, I will beat you. You could be a rugby player, I'm going to beat you. I'd probably be more scared of an underdog, someone like myself!

DANCING ON ICE

RETURNS TO ITV1 AND ITVX TOMORROW AT 6.30PM

Hosts Phillip Schofield and Holly Willoughby.

TELEVISION

THE BEST OF TODAY'S TELLY

CRITIC'S CHOICE

Michael McIntyre's Big Show
(BBC1, 6.50pm-7.50pm)

It's still just January, but aren't we long overdue some good, clean family entertainment? Hurray then for the return of this series from the London Palladium. As well as hefty doses of Michael's inimitable humour, the show features Joel Corry and Tom Grennan performing their smash hit Lionheart (Fearless), an unsuspecting Antiques Roadshow fan getting the biggest surprise of their life and Rylan bravely handing over his phone in Send to All. Plus, there's a special performance from the Unexpected Star of the Show.

Celebrity Bridge of Lies
(BBC1, 6.05pm-6.50pm)

Ross Kemp presents a special edition of the high stakes quiz, with soap stars playing to win money for their chosen charities. Faye Brookes, Richard Blackwood, Natalie Anderson and John Partridge must cross the Bridge by stepping on the truth steps and avoiding the lies, earning money for each correct answer.

Mystery Road: Origin
(BBC4, 9pm-10.50pm)

In the first of a double bill, Jay is ordered off the investigation but refuses to give up, and finds that family takes many forms. A murder from Mary's past stirs anger. Then, at 9.55pm, a confessed killer is in jail, but there are doubts he is truly guilty. Jay links Jack to a corporate fraud, and Max faces a new 'Ned Kell.

Evan Almighty
(ITV2, 6pm-7.55pm)

Politician Evan Baxter is recruited by God for a special mission. A great flood is coming, and like Noah before him, Evan has to build an ark to protect the wildlife of the world from the impending cataclysm. Comedy sequel to Bruce Almighty, starring Steve Carell, John Goodman, Lauren Graham and Morgan Freeman.

8 Out of 10 Cats Does Countdown
(More4, 11.05pm-12.10am)

Jimmy Carr hosts, with Sean Lock and Stephen Mangan taking on guest captain Richard Ayoade and Katherine Ryan. Bill Bailey is in Dictionary Corner with Susie Dent, while Rachel Riley is in charge of the letters and numbers.

EARLY

BBC1

6.00 Breakfast
10.00 Saturday Kitchen Live
11.30 The Great Food Guys (r)
12.00 Football Focus Alex Scott looks ahead to the weekend's fixtures.
1.00 BBC News; Weather
1.15 Live Snooker: The Masters Coverage of the opening semi-final.
4.30 Sportscene Results News from today's matches.
5.15 BBC News
5.25 Reporting Scotland; Weather
5.35 Celebrity Mastermind
6.05 Celebrity Bridge of Lies New series. Ross Kemp presents the quiz, with a team of soap stars.
6.50 Michael McIntyre's Big Show New series. An evening of comedy and music at the London Palladium.

BBC2

7.15 Boy Girl Dog Cat Mouse Cheese
7.25 The Football Academy (r)
7.55 The Dengineers (r)
8.25 Operation Ouch! (r)
8.55 Newsround
9.00 Blue Peter (r)
9.30 Deadly Pole to Pole (r)
10.00 Robot Wars: World Series (r)
11.00 Dogs in the Wild: Meet the Family (r)
12.00 The Hairy Bikers Go Local (r)
1.00 Galapagos – Islands of Change: Natural World (r)
2.00 Live Netball
4.00 Amanda & Alan's Italian Job (r)
4.30 Live Snooker: The Masters
5.30 Flog It!
6.00 Waterhole: Africa's Animal Oasis (r)

STV

6.00 CITV
9.25 ITV News
9.30 James Martin's Saturday Morning
11.40 James Martin's French Adventure (r)
12.15 ITV News; Weather
12.30 Live Champions Cup Rugby Gloucester v Leinster (Kick-off 1pm).
3.30 Tipping Point: Lucky Stars (r) With Roisin Conaty, Chris Bavin and Jordan Banjo.
4.30 The Chase: The Bloopers (r) Bradley Walsh presents a compilation of outtakes from the quiz.
5.30 ITV News; Weather
5.45 STV News; Weather
6.00 Celebrity Catchphrase

PRIME TIME

7.50 That's My Jam Camilla Luddington and Chris Carmack take on Kimberly Wyatt and Gina Yashere as they push their singing abilities, performance skills and musical knowledge to the limit.
8.50 Casualty Jonty photographs Stevie kissing Marcus and threatens to expose their relationship, jeopardising her career - a threat that helps her to make a difficult choice.
9.40 Not Going Out (r) Lee sends a rude text about Anna to Lucy, but makes the silly mistake of sending it to Anna herself. Comedy, starring Lee Mack and Sally Bretton.
10.10 BBC News; Weather
10.30 Match of the Day Gary Lineker presents highlights of the latest Premier League matches, including Manchester United v Manchester City and Brighton & Hove Albion v Liverpool.
11.55 Sportscene: Premiership Highlights (r) Steven Thompson presents action from the latest fixtures, featuring Hibernian v Dundee United, Motherwell v Ross County and St Johnstone v Livingston.

7.00 Live Snooker: The Masters Coverage of the second semi-final. Barry Hawkins booked his place in the final last year with a narrow 6-5 victory over 2019 champion Judd Trump to reach the showpiece match for the second time in his career. The first of those final appearances was in 2016, when he was comfortably defeated by Ronnie O'Sullivan, and he again had to settle for second place 12 months ago, when he was beaten by Neil Robertson. He was also a runner-up in both the Players Championship and European Masters last year, losing to Robertson and Kyren Wilson respectively.
10.00 FILM: The Duchess (2008) Fact-based period drama chronicling the life of Georgiana Spencer, who became Duchess of Devonshire in 1774 at the age of 17. Adored by the public for her extravagant lifestyle, Spencer endured a troubled marriage and was eventually driven into the arms of Charles Grey, a senior Whig politician. Starring Keira Knightley and Ralph Fiennes.
11.40 Snooker: The Masters – Extra Extended highlights of a semi-final.

7.00 The Masked Singer Joel Dommett hosts as five incognito celebrities take to the stage, with panellists Rita Ora, Jonathan Ross, Davina McCall and Mo Gilligan trying to idenitfy them.
8.30 Ant & Dec's Limitless Win The duo host as husband and wife team Matt and Hannah take on the money ladder, playing for a truly life-changing cash prize.
9.30 The John Bishop Show The comedian and actor performs topical stand-up routines and chats to guests from the worlds of film, TV, sport and music.
10.15 ITV News; Weather
10.30 DNA Journey (r) Olympic legends Torvill and Dean uncover their family history using DNA and genealogy. Chris discovers living relatives on his mother's side that he never knew existed, while Jane uncovers an astounding connection to West Ham and another record-breaking sporting relative.
11.45 English Football League Highlights Action from the latest fixtures, including Burnley v Coventry City and Sheffield United v Stoke City in the Championship.

LATE

12.55 **FILM:** This Is Spinal Tap (1984) **2.15** Weather for the Week Ahead **2.20** BBC News

Casualty,
8.50pm.

1.40 **FILM:** Amundsen (2019) **3.40** This Is BBC Two

The Duchess,
10pm.

1.30 Shop: Ideal World **3.00** Night Vision **4.15** Love Your Weekend with Alan Titchmarsh (r)

The Masked Singer,
7pm.

RADIO LISTINGS

BBC RADIO 1
5.00 Radio 1 Relax. **6.00** Radio 1 Happy. **7.00** Adele Roberts. **10.00** Radio 1 Anthems. **10.30** Newsbeat. **10.32** Radio 1 Anthems. **11.02** Katie Thistleton. **1.00** Matt and Jamie. **4.00** Radio 1's Dance Anthems. **5.00** Radio 1's Dance Anthems. **6.00** Radio 1's Dance Anthems. **7.00** Radio 1's Soundsystem Party with Jeremiah Asiamah. **9.00** 1Xtra's Rap Show. **11.00** Radio 1's Drum & Bass Show. **12.00** Radio 1's Drum & Bass Mix. **12.30** Radio 1's Drum & Bass Mix. **1.00** Radio 1's Classic Essential Mix. **3.00** Future Dance Mix with Sarah Story. **3.30** Pete Tong's Hot Mix. **4.00** Radio 1's Dance Anthems.

BBC RADIO 2
5.00 Radio 2 in Concert: Jackson Browne. **6.00** Sounds of the 60s with Tony Blackburn. **8.00** Dermot O'Leary. **10.00** Claudia Winkleman. Music and chat. **1.00** Pick of the Pops. **2.00** Pick of the Pops. **3.00** Rylan on Saturday. **6.00** Liza Tarbuck. Music and chat. **8.00** Sounds of the 80s with Gary Davies. **10.00** Sounds of the 90s with Fearne Cotton. **11.00** Sounds of the 90s with Fearne Cotton. **12.00** Top Brass. **1.00** Dance Sounds of the 90s with Vernon Kay. **2.00** Michelle Visage's Rule Breakers. The host sits down for a one-to-one encounter with Carol Vorderman. **3.00** The Folk Show with Chris Difford. **4.00** Radio 2 in Concert: Dwight Yoakam. 'Honky Tonk Man' Dwight Yoakam in concert from Half Moon, Putney.

BBC RADIO 3
7.00 Breakfast. **9.00** Record Review. **11.45** Music Matters. **12.30** This Classical Life. **1.00** Inside Music. **3.00** Sound of Cinema. **4.00** Music Planet. **5.00** J to Z. **6.30** Opera on 3. **9.30** Mendelssohn's Violin Concerto. **10.00** New Music Show. **12.00** Freeness. **1.00** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Four Thought. **6.00** News and Papers. **6.07** Open Country. **6.30** Farming Today This Week. **6.57** Weather. **7.00** Today. **9.00** Saturday Live. **10.30** You're Dead to Me. **11.00** The Week in Westminster. **11.30** From Our Own Correspondent. **12.00** News. **12.04** Money Box. **12.30** The News Quiz. **12.57** Weather. **1.00** News. **1.10** Any Questions? **2.00** Any Answers? **2.45** Drama: Death and the Penguin. **4.15** Weekend Woman's Hour. **5.00** Saturday PM. **5.30** Sliced Bread. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Loose Ends. **7.00** Profile. **7.15** This Cultural Life. **8.00** Archive on 4: What Has Media Training Done to Politics? **9.00** Stone. **9.45** Rabbit Remembered. **10.00** News. **10.15** The Moral Maze. **11.00** Counterpoint. **11.30** Poetry Please. **12.00** Midnight News. **12.15** Torn. **12.30** Short Works. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Boxing. **5.30** Fantasy 606. **6.00** Saturday Breakfast. **9.00** Patrick Kielty. **11.00** Fighting Talk. **12.00** 5 Live Sport. **3.00** 5 Live Sport. **5.00** Sports

SATURDAY JANUARY 14

CHANNEL 4

6.15 **3rd Rock from the Sun** (r)
7.30 **The Simpsons** (r)
11.30 **FILM: Alvin and the Chipmunks: The Squeakquel** (2009) Comedy, starring Zachary Levi.
1.15 **Four in a Bed** (r)
1.50 **Four in a Bed** (r)
2.20 **Four in a Bed** (r) The B&B owners stay the night at Hatton Court Hotel in Gloucester.
2.50 **Four in a Bed** (r)
3.20 **Four in a Bed** (r)
3.50 **Grand Designs** (r) Transforming a derelict 17th-century flour mill in Cornwall.
4.50 **A Lake District Farm Shop** (r) A farmer based in Kirkby Lonsdale has big plans for sheep's milk brie.
5.50 **Channel 4 News**

6.20 **FILM: Mission: Impossible** (1996) Secret agents suspect there is a traitor in their organisation when their latest assignment ends in disaster. The sole survivor is accused of being the mole, forcing him to go on the run to clear his name. However, in the process, he discovers a former Russian spy is selling information about the world's leading undercover operatives. Action thriller based on the 1960s TV series, starring Tom Cruise, Jon Voight and Ving Rhames.
8.30 **FILM: Men in Black: International** (2019) Fantasy sequel, starring Chris Hemsworth and Tessa Thompson.
10.45 **FILM: Logan** (2017) In the near future, Wolverine cares for an ailing Professor X somewhere on the Mexican border. However, the razor-clawed hero's attempts to hide from the world are turned upside down when a young mutant arrives, pursued by cyborg bounty hunters in the employ of a sinister corporation. Fantasy adventure, starring Hugh Jackman, Patrick Stewart, Dafne Keen and Stephen Merchant.

1.10 Ramsay's Kitchen Nightmares USA (r) **2.00** Couples Come Dine with Me (r) **2.55** Hollyoaks Omnibus (r) **5.00** Find It, Fix It, Flog It (r) **5.15** Countdown (r) **5.55** 3rd Rock from the Sun (r)

Alvin and the Chipmunks: The Squeakquel, 11.30am.

CHANNEL 5

6.00 **Milkshake!**
10.00 **The Smurfs** (r)
10.15 **SpongeBob SquarePants** (r)
10.25 **Entertainment News on 5**
10.30 **Friends** (r)
12.05 **Friends** (r) Chandler dates Rachel's boss.
12.35 **FILM: Serendipity** (2001)
1.40 **Entertainment News on 5**
1.45 **FILM: Serendipity** (2001) Concluded.
2.25 **FILM: Me Before You** (2016)
3.25 **Entertainment News on 5**
3.30 **FILM: Me Before You** (2016) Concluded.
4.35 **Michael Ball's Wonderful Wales**
6.05 **5 News Weekend**
6.10 **Princess Anne: The Perfect Royal** (r)

7.30 **Secrets of the Royal Palaces** Behind-the-scenes tales from the Palaces of Westminster, with the State Opening of Parliament the event where royalty and democracy come together.
8.30 **Keeping Up Appearances: 30 Years of Laughs** A look back at the popular sitcom that starred Patricia Routledge as Hyacinth Bucket, who was endlessly let down by her family in her attempts to climb the social ladder. Cast, crew and celebrity fans pay tribute to the show and share backstage secrets, with Routledge revealing how she came to be cast, how she developed the character, and what happened when the cameras stop rolling.
10.00 **When Classic Comedy Goes Horribly Wrong** (r) A collection of less-than-perfect moments from some of the nation's favourite shows from the 1960s right up to the present day. Including Steve Martin causing chaos on Parkinson, a puppy taking a shine to Gordon the Gopher on Going Live! and Noel Edmonds suffering an injury live in front of millions on The Late Late Breakfast Show.

12.30 Criminals: Caught on Camera (r) **12.55** Entertainment News on 5 **1.00** The LeoVegas Live Casino Show **3.00** Casualty 24/7: Every Second Counts (r) **3.50** My Mum's Hotter Than Me! (r) **4.40** Divine Designs (r)

Serendipity, 12.35pm.

Report. **5.30** 5 Live Sport. **7.30** 6-0-6. **10.00** Gordon Smart. **12.00** Newscast. **1.00** Laura McGhie.

CLASSIC FM
7.00 Alan Titchmarsh. **10.00** Aled Jones. **1.00** Alexander Armstrong. **4.00** Moira Stuart's Hall of Fame Concert. **7.00** Saturday Night at the Movies. **9.00** David Mellor's Melodies. **10.00** Smooth Classics. **1.00** Katie Breathwick. **4.00** Sam Pittis.

BBC RADIO SCOTLAND
6.00 Scoff the Ball. **6.30** Out of Doors. **8.00** Good Morning Scotland. **10.00** Shereen. **11.30** Noising Up. **12.00** Off the Ball. **2.00** Sportsound. **7.30** Take the Floor. **9.00** Pipeline. **10.00** Billy Sloan. **1.00** As Radio 5 Live.

The Dark Knight, Sky Showcase, *9pm.*

Satellite & Digital *OUR TOP PICK OF THE CHANNELS*

BBC3
7.00 EastEnders. **9.00** Two Pints of Lager and a Packet of Crisps. **11.00** Bad Education: Reunion Special. **11.45** Meet the Khans: Big in Bolton. **12.15** Blood, Sweat and Cheer. **1.00** Two Pints of Lager and a Packet of Crisps. **3.00** Ellie & Natasia. **3.15** Blood, Sweat and Cheer. **4.00** Close.

BBC4
7.00 Arctic with Bruce Parry. **8.00** Puerto Rico: Island of Enchantment – Natural World. **9.00** Mystery Road: Origin. **9.55** Mystery Road: Origin. **10.50** Early Doors. **11.50** To the Manor Born. **12.20** The Many Faces of Les Dawson. **1.20** Vienna: Empire, Dynasty and Dream. **2.20** Arctic with Bruce Parry. **3.20** Close.

ITV2
6.00 Totally Bonkers Guinness World Records. **6.35** Coronation Street Omnibus. **9.20** Secret Crush. **10.20** Dress to Impress. **12.20** Celebrity Catchphrase. **1.25** In for a Penny. **2.00** **FILM:** The Lego Batman Movie (2017). **3.00** FYI Daily. **3.05** **FILM:** The Lego Batman Movie (2017). **4.10** **FILM:** Cloudy with a Chance of Meatballs (2009). **5.15** FYI Daily. **5.20** **FILM:** Cloudy with a Chance of Meatballs (2009). **6.00** **FILM:** Evan Almighty (2007). **7.00** FYI Daily. **7.05** **FILM:** Evan Almighty (2007). **7.55** **FILM:** The Fast and the Furious: Tokyo Drift (2006). An American teenager living in Japan gets involved in illegal street racing, but ends up owing money to gangsters. Action adventure, starring Lucas Black and Nathalie Kelley. **8.55** FYI Daily. **9.00** **FILM:** The Fast and the Furious: Tokyo Drift (2006). **10.00** Kavos Weekender. **11.00** Family Guy. **12.00** American Dad! **1.00** Hey Tracey! **2.00** All American. **3.00** Teleshopping.

ITV3
6.00 George and Mildred. **7.35** Rosemary & Thyme. **9.40** Inspector Morse. **7.00** Vera. **9.00** Midsomer Murders. **11.05** Vera. **1.05** George and Mildred. **2.10** Unwind with ITV. **2.30** Teleshopping.

ITV4
6.00 The Protectors. **6.30** Robson and Jim's Icelandic Fly-Fishing Adventure. **8.25** The NFL Show. **9.30** ITV Racing: The Opening Show. **10.30** Nine Dart Finishes. **10.40** The Big Match Revisited. **12.40** Made in Britain. **1.10** ITV Racing Live: Warwick. **4.00** World of Sport. **4.15** The Professionals. **5.20** Made in Britain. **5.50** **FILM:** The Guns of Navarone (1961). **6.50** FYI Daily. **6.55** **FILM:** The Guns of Navarone (1961). **9.00** English Football League Highlights. Action from the latest fixtures, including Burnley v Coventry City at Turf Moor and Sheffield United v Stoke City at Bramall Lane in the Championship. **11.00** **FILM:** Collateral (2004). A taxi driver endures the longest night of his life when his cab is hijacked by a hitman with a series of contracts to carry out. Thriller, starring Tom Cruise and Jamie Foxx. **12.10** FYI Daily. **12.15** **FILM:** Collateral (2004). **1.25** The Adventures of Sherlock Holmes. **2.40** Unwind with ITV. **3.00** Teleshopping.

SKY SHOWCASE
6.00 Monkey Life. **7.00** Orangutan Jungle School. **9.00** The Fresh Prince of Bel-Air. **10.30** Soccer AM. **12.00** The Simpsons. **3.00** Gillette Labs Soccer Saturday. **5.00** Celts: The Untold Story. **6.00** Strangest Things. **7.00** Shark with Steve Backshall. **8.00** Hold the Front Page. **9.00** **FILM:** The Dark Knight (2008). Batman and his allies are pushed to their limits as criminal mastermind the Joker plunges Gotham into anarchy. Comic-book thriller sequel, with Christian Bale and Heath Ledger. **11.45** Never Mind the Buzzcocks. **12.30** Road Wars. **2.00** The Force: North East. **3.00** Nothing to Declare.

SKY MAIN EVENT
6.00 Live Big Bash League. **8.15** Live Big Bash League. **12.00** Live EFL. Rotherham United v Blackburn Rovers (Kick-off 12.30pm). **3.00** Gillette Labs Soccer Saturday. **5.00** Live: SNF. **8.00** Sky Sports News. **8.30** Live NFL. San Francisco 49ers v Seattle Seahawks (Kick-off 9.30pm). Live coverage of the first Wild Card play-off match at Levi's Stadium in Santa Clara, California. **1.00** Live NFL. **4.30** Live Big Bash League.

SKY CRICKET
6.00 Live Big Bash League. **8.15** Live Big Bash League. **12.00** Live SA20. **3.00** Live SA20. MI Cape Town v Joburg Super Kings. **7.30** Big Bash League. **9.30** One-Day International Cricket. **10.30** SA20. **12.30** One-Day International Cricket. **1.30** Stuart Broad – My Greatest Spells. **1.50** Best of England v Australia. **2.10** Live Big Bash League.

BT SPORT 1
6.00 Live: Isuzu UTE A-League. **8.00** Premier League Preview. **8.30** WWE Friday Night SmackDown. **10.00** Live: Early Kick-Off. **10.30** BT Sport Films. **11.30** Live Premier League. **3.00** BT Sport Score. **5.15** Live: Serie A. **7.00** UEFA Champions League – Classics. **7.30** Live: Serie A. Inter Milan v Hellas Verona (Kick-off 7.45pm). **9.45** Deaf Away Days. **10.00** Live UFC. Coverage of the preliminary bouts from UFC Fight Night 217, which takes place at UFC Apex in Las Vegas, Nevada. **12.00** Live UFC. **3.30** UFC Greatest Fights. **4.00** Live: Isuzu UTE A-League.

BT SPORT 2
6.00 ESPN FC. **6.30** Premier League Preview. **7.00** Premier League – The Big Interview. **7.30** Scottish Football Extra. **8.00** What I Wore: Pep Guardiola. **8.15** ESPN FC. **8.45** Live: Isuzu UTE A-League. **10.45** BT Sport Reload. **11.00** Heineken Champions Cup. **12.30** Live Heineken Champions Cup. **3.00** Live Heineken Champions Cup. **5.15** Live Heineken Champions Cup. **7.45** Live Heineken Champions Cup. Saracens v Lyon (Kick-off 8pm). Coverage of the Pool A match from StoneX Stadium. **10.15** WWE Friday Night SmackDown. **11.45** Serie A. **2.45** Heineken Champions Cup. **4.15** BT Sport Reload. **4.30** MLB Special.

EUROSPORT 1
6.00 Tennis: Roger's Last Dance. **6.30** ATP Tennis. **7.30** Live ATP Tennis. **9.30** Australian Open Tennis. **9.45** Live Alpine Skiing. **11.30** Live Alpine Skiing. **1.15** Discovery Golf. **1.45** ATP Tennis. **2.45** Live Ski Jumping. **4.45** Olympic Games: From the Top. **5.15** Live Biathlon: Winter World University Games 2023. **6.35** Sofia Goggia: Best of Downhill 2022. **6.50** Henrik Kristoffersen – Best of Slalom 2022. **7.00** Live Formula E. The Mexico City ePrix. Coverage of the opening round of the campaign from the Autodromo Hermanos Rodriguez in Mexico. **9.30** Discovery Golf. **10.00** ATP Tennis. **11.00** Dakar Rally. **12.00** Snowboarding. **1.00** ATP Tennis. **2.00** Dakar Rally. **3.00** ATP Tennis. **3.55** Masters Snooker. **5.50** Dakar Rally.

MORE4
8.55 Food Unwrapped. **9.30** A Place in the Sun. **12.30** Location, Location, Location. **2.40** Come Dine with Me. **5.15** Four in a Bed. **8.00** Escape to the Chateau. **9.00** 24 Hours in A&E. **11.05** 8 Out of 10 Cats Does Countdown. **12.10** 8 Out of 10 Cats Does Countdown. **1.15** 24 Hours in A&E. **3.20** Food Unwrapped. **3.50** Close.

BBC ALBA
6.00 Alba Today. **4.00** AH-AH/No-No. **4.10** Treubh an Tuathanais. **4.25** Pip & Posy. **4.30** Oscar & Ealasaid. **4.45** Piseag & Cuilean/Kit & Pup. **4.50** Sionnach agus Maigheach. **5.05** Ronia, Nighean a' Mheirlich/Ronja, the Robber's Daughter. **5.30** Geamaichean Gorach. **5.35** Port Pàipeir. **5.45** An Là. **6.00** Scottish Premiership Football. **7.45** Seobhrach as a' Chlaich. **8.30** An Taigh-Fuine/The Bakery. **9.00** Seirm. **10.00** Borgen. **11.00** Scottish Premiership Football. **12.45** Dealbh is Slighe. **1.00** Alba Today.

BBC SCOTLAND
12.00 This Is BBC Scotland. **7.00** The Seven. **7.15** The Edit. **7.30** Sportscene: Premiership Highlights. **8.30** The River. **9.00** The Karen Dunbar Show. **9.25** Scotland the Rave. **10.25** **FILM:** Beats (2019). In 1994 Scotland, two teenagers share a final night out together before life take them in different directions. Comedy drama, starring Martin Donaghy and Brian Ferguson. **12.00** Close.

GOLD
6.00 Teleshopping. **7.15** dinnerladies. **8.30** Citizen Khan. **9.50** Only Fools and Horses. **6.40** The Vicar of Dibley. **8.00** Hancock: Very Nearly An Armful. **10.05** Hancock's Half Hour. **11.25** The Real McCoy. **1.25** French and Saunders. **2.35** The Vicar of Dibley. **3.15** Citizen Khan. **4.00** Teleshopping.

PICK
6.00 Nothing to Declare. **11.00** Border Security USA. **12.00** Highway Cops. **1.00** Motorway Patrol. **2.00** After the Wildfires. **3.00** Secrets of Wild Australia. **4.00** Deadly Australians. **5.00** Great Barrier Reef with David Attenborough. **6.00** Road Wars. **8.00** The Force: Manchester. **9.00** Caught on Dashcam. **10.00** World's Most Evil Killers. **11.00** Murders That Shocked the Nation. **12.00** Double Murder. **1.00** Britcam: Emergency on Our Streets. **2.00** Border Security: America's Front Line. **4.00** Highway Patrol.

FILM4
11.00 The SpongeBob SquarePants Movie (2004). **12.45** Monsters vs Aliens (2009). **2.35** Carry On Regardless (1961). **4.35** Leap Year (2010). **6.35** How to Lose a Guy in 10 Days (2003). **9.00** Kingsman: The Secret Service (2015). A streetwise teenager is given the opportunity to work with a super-secret spy organisation. Action comedy based on a comic book, starring Colin Firth. **11.40** Zombieland (2009). A small group of survivors goes in search of a safe haven in an America overrun by ravenous zombies. Comedy horror, starring Woody Harrelson, Jesse Eisenberg and Emma Stone. **1.25** One Cut of the Dead (2017). **3.05** Close.

DAVE
6.00 Teleshopping. **7.10** Modern Wheels or Classic Steals. **8.00** Rick Stein's Far Eastern Odyssey. **9.00** Rick Stein's French Odyssey. **10.00** Top Gear. **11.00** Red Bull Soapbox Race. **12.00** Storage Hunters UK. **1.00** Top Gear. **2.00** World's Most Dangerous Roads. **4.40** Mortimer & Whitehouse: Gone Fishing. **6.00** Would I Lie to You? **7.20** Would I Lie to You? – The Unseen Bits. **8.00** Not Going Out. **9.20** QI. **10.00** Mock the Week. **11.20** QI. **12.00** Have I Got a Bit More News for You. **1.00** Live at the Apollo. **2.00** The Misadventures of Romesh Ranganathan. **3.00** Mock the Week. **3.35** Beat the Internet with John Robins. **4.00** Teleshopping.

TELEVISION

THE BEST OF TODAY'S TELLY

CRITIC'S CHOICE

Dancing on Ice
(STV, 6.30pm-8pm)

Presenters Holly Willoughby and Phillip Schofield are ready for the 15th series of the much-loved pro-celebrity competition - but are the celebrity participants? Well, we'll get the answer to that question this evening when they take to the ice for the first time. Patsy Palmer, Nile Wilson, The Vivienne, Mollie Gallagher, Ekin-Su Cülcüloglu, John Fashanu, Carley Stenson, Joey Essex, Darren Harriott, Michelle Heaton and Siva Kaneswaran are the brave souls who've signed up for the 2023 series; Christopher Dean, Jayne Torvill, Ashley Banjo and Oti Mabuse are the judges offering their views.

Happy Valley
(BBC1, 9pm-10pm)

Some fans were a little concerned that the the final series wouldn't live up to expectations, but the crime drama's creator, Sally Wainwright, has come up trumps once again - we're as gripped as ever. The run reaches the halfway mark tonight as Faisal and Joanna's plan takes a surprising twist.

Vera
(STV, 8pm-10pm)

Brenda Blethyn is back for more episodes of the much-loved crime drama. The opening episode is titled Vital Signs and guest stars Hugh Quarshie. Vera and DS Aiden Healy are called in after the remains of local GP Dr Lucy Yo are discovered in a burned-out car after supposedly being called out by a patient.

Inside Classical: Stravinsky's Rite of Spring
(BBC4, 8pm-9.30pm)

The BBC National Orchestra of Wales, conducted by Ryan Bancroft, perform 20th-century works including Sergey Rachmaninov's virtuosic Third Piano Concerto and Stravinsky's controversial The Rite of Spring in St David's Hall, Cardiff.

24 Hours in A&E
(More4, 9pm-10pm)

A man is brought in with stomach pains and a suspected abdominal aortic aneurysm. His son receives a huge blow when he is told his father only has a 50 per cent chance of surviving the operation he urgently needs. A 33-year-old is treated after swallowing a cocktail of drugs in a suicide attempt.

EARLY

BBC1

6.00 Breakfast
7.35 Match of the Day (r)
9.00 Sunday with Laura Kuenssberg
10.00 The Sunday Show
10.30 Sunday Morning Live
11.30 Scotland's Sacred Islands with Ben Fogle (r) Ben explores Catholic island life.
12.30 Bargain Hunt (r)
1.00 BBC News; Weather
1.15 Songs of Praise
1.50 MOTD Live Women's Super League Manchester United v Liverpool (Kick-off 2.05pm).
4.05 Garden Rescue (r)
4.35 Serengeti III
5.35 BBC News
5.50 Reporting Scotland; Weather
6.00 Countryfile

BBC2

6.35 Countryfile (r)
7.30 Coast Great Guides: North Sea Coast (r)
8.30 Weatherman Walking
9.00 Around the World in 80 Gardens
10.00 Saturday Kitchen Best Bites
11.30 The Hairy Bikers Go Local (r)
12.30 Tom Kerridge's Fresh Start (r)
1.00 Live Snooker: The Masters Coverage of the opening eight frames of the final at Alexandra Palace, where the Paul Hunter Trophy is up for grabs.
5.15 Flog It! (r) Paul Martin presents from Birmingham Museum and Art Gallery.
6.15 Ski Sunday Action from the World Cup downhill race in Wengen, Switzerland.

STV

6.00 CITV
9.25 ITV News
9.30 Love Your Weekend with Alan Titchmarsh With Laura Main, Susie Blake and Sophie Ward.
11.30 Love Your Garden (r)
12.30 Simply Raymond Blanc (r)
1.30 ITV News; Weather
1.45 You've Been Framed! (r)
2.15 FILM: Dr Seuss' The Lorax (2012) Animated fantasy based on the children's book, with the voice of Danny DeVito.
4.00 Tipping Point: Lucky Stars (r)
5.00 ITV News; Weather
5.20 STV News; Weather
5.30 The Chase Celebrity Special With Melvin Odoom, Carl Fogarty, Louis Smith and Bonnie Langford.

PRIME TIME

7.00 His Dark Materials Lyra and Will journey through the Land of the Dead in search of Roger, and vow to save the spirits they encounter from a tormented existence at the mercy of cruel flying creatures.
8.00 Call the Midwife As a health visitor, Sister Veronica calls on a single mother who is celebrating her recent marriage, only to discover a terrible truth about the seemingly happy relationship.
9.00 Happy Valley Catherine confronts Clare and presents Ryan with an ultimatum. Faisal and Joanna hatch a plan that takes an unexpected turn.
10.00 BBC News; Weather
10.25 Reporting Scotland; Weather
10.30 Match of the Day 2 Mark Chapman reviews the day's Premier League action, including Tottenham Hotspur v Arsenal at Tottenham Hotspur Stadium. Spurs were looking to avenge a 3-1 defeat in October's reverse fixture and put a dent in their rivals' title aspirations. Plus, Chelsea v Crystal Palace, Newcastle United v Fulham and a look back at yesterday's goals.
11.35 The Women's Football Show

7.00 Live Snooker: The Masters Coverage of the concluding session of the final at Alexandra Palace, where the first player to reach 10 frames wins the title claimed by Neil Robertson last year. 'The Thunder from Down Under' dominated the corresponding session in 2022 against Barry Hawkins, winning four of the five frames placed to secure a 10-4 triumph and take the honours for the first time since 2012.
10.00 The Misadventures of Romesh Ranganathan (r) The comedian returns to visit another selection of unusual destinations, beginning in the West African country of Sierra Leone. He ventures through spectacular national parks hoping to witness extraordinary and rare wildlife, including the elusive pygmy hippo, and also samples the national drink of poyo, takes in miles of incredible beaches, and meets locals living truly off-grid.
11.00 FILM: Green Book (2018) In the 1960s, a working-class bouncer becomes the driver of an African-American classical pianist. Comedy drama, starring Viggo Mortensen.

6.30 Dancing on Ice New series. Phillip Schofield and Holly Willoughby return with the ice-dancing contest as 11 celebrities compete to become champion of the rink with the help of professionals.
8.00 Vera DCI Stanhope is called out to a grim scene when a body is found in the back of a burnt-out car and the victim is identified as a popular local GP. The detective's investigation leads her into a world of intrigue, betrayal and lust, when she learns that the doctor's relationships with those that knew her were anything but healthy.
10.00 ITV News; Weather
10.15 FILM: John Wick (2014) The dying wife of a retired assassin leaves him a puppy, in the hope that having something to love will stop him returning to a life of violence when she is gone. When the son of a Russian gangster steals his car and kills the dog, the hitman is provoked into a murderous rage and slaughters his way through the underworld in search of revenge. Action thriller, starring Keanu Reeves, Willem Dafoe, Michael Nyqvist and Alfie Allen.

LATE

12.25 Question of Sport (r) 12.55 Ambulance (r) 1.55 Weather for the Week Ahead 2.00 BBC News

Call the Midwife,
8pm.

1.00 Sign Zone: Question Time (r) 2.00 Waterloo Road (r) 3.00 Dragons' Den (r) 4.00 This Is BBC Two

Live Snooker: The Masters,
1pm.

12.10 Shop: Ideal World 3.00 The Widow (r) 3.55 Night Vision 5.05 Lingo (r)

The Chase Celebrity Special,
5.30pm.

RADIO LISTINGS

BBC RADIO 1
6.00 Radio 1's Chillout Anthems. **7.00** Adele Roberts. **10.00** Radio 1 Anthems. **10.30** Newsbeat. **10.32** Radio 1 Anthems. **11.02** Radio 1 00s with Nat O'Leary. **1.00** Matt and Jamie. **4.00** Radio 1's Life Hacks. **6.00** The Official Chart: First Look on Radio 1. **7.00** Radio 1's Chillest Show. **9.00** Radio 1's Indie Show with Jack Saunders. **11.00** BBC Introducing on Radio 1. **12.00** Radio 1's Future Soul with Victoria Jane. **1.30** Radio 1's UK R&B Mix. **2.00** Radio 1's Decompression Session. **3.00** Radio 1's Chill Mix. **3.30** Radio 1's Motivate Me Mix. **4.00** Radio 1 Dance.

BBC RADIO 2
5.00 Tracks of My Years. **6.00** Good Morning Sunday. **9.00** Sunday Love Songs. **11.00** The Michael Ball Show. **1.00** Elaine Paige on Sunday. **3.00** Sounds of the 70s with Bob Harris. **5.00** Rob Beckett. **7.00** Tony Blackburn's Golden Hour. **8.00** 21st Century Folk. **8.25** 21st Century Folk. **8.50** 21st Century Folk. **9.15** 21st Century Folk. **9.40** 21st Century Folk. **10.00** Radio 2 Unwinds with Angela Griffin. **11.00** Radio 2 Unwinds with Angela Griffin. **12.00** Phil Williams. **3.00** Alternative Sounds of the 90s with Dermot O'Leary. **4.00** Early Breakfast Show.

BBC RADIO 3
7.00 Breakfast. **9.00** Sunday Morning. **12.00** Private Passions. **1.00** Radio 3 Lunchtime Concert. **2.00** The Early Music Show. **3.00** Choral Evensong. **4.00** Jazz Record Requests. **5.00** The Listening Service. **5.30** Words and Music. **6.45** Sunday Feature: Scott Ross – Harpsichord Rebel. **7.30** Drama on 3: Constellations and Elegy. **9.00** Record Review Extra. **11.00** The Art of Music with Anna Clyne. **12.00** Sounds Connected. **12.30** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Bells on Sunday. **5.45** Profile. **6.00** News Headlines. **6.05** Something Understood. **6.35** On Your Farm. **6.57** Weather. **7.00** News. **7.10** Sunday. **7.54** Radio 4 Appeal. **7.57** Weather. **8.00** News. **8.10** Sunday Worship. **8.48** A Point of View. **8.58** Tweet of the Day. **9.00** Broadcasting House. **10.00** The Archers. **11.15** Desert Island Discs. **12.00** News. **12.04** Just a Minute. **12.30** The Food Programme. **12.57** Weather. **1.00** The World This Weekend. **1.30** The Exploding Library. **2.00** Gardeners' Question Time. **2.45** Property of the BBC. **3.00** Drama: The Medici: Bankers, Gangsters, Popes. **4.00** Open Book. **4.30** Poetry Please. **5.00** File on 4. **5.40** Profile. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Pick of the Week. **7.00** The Archers. **7.15** The Confessional. **7.45** The Circus. **8.00** More or Less. **8.30** Last Word. **9.00** Money Box. **9.25** Radio 4 Appeal. **9.30** Icon. **9.59** Weather. **10.00** The Westminster Hour. **11.00** Loose Ends. **11.30** Something Understood. **12.00** News and Weather. **12.15** Thinking Allowed. **12.45** Bells on Sunday. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
6.00 5 Live Science. **7.00** Sunday Breakfast. **10.00** Helen Skelton. **12.00** 5 Live Sport. **2.00** 5 Live Sport. **4.00** 5 Live Sport. **4.30** 5 Live Sport. **6.30** 6-0-6. **8.00** Kammy & Ben's Proper Football Podcast. **8.30** Different with Nicky Campbell. **9.00** Stephen Nolan.

SUNDAY JANUARY 15

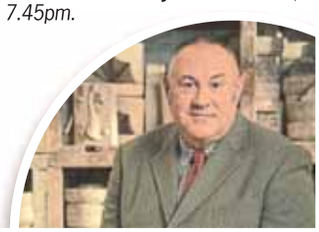
CHANNEL 4

6.20 3rd Rock from the Sun (r)
7.10 The Simpsons (r)
8.00 Formula E Unplugged
8.30 Formula E
9.30 Sunday Brunch
12.30 The Simpsons (r)
12.55 The Simpsons (r)
1.25 The Simpsons (r) Homer becomes a baseball team mascot.
2.00 The Simpsons (r) Bart enters a golf tournament.
2.30 FILM: Patrick (2018) Comedy, starring Beattie Edmondson.
4.15 FILM: Jumanji (1995) Fantasy adventure, starring Robin Williams.
6.15 Channel 4 News
6.45 How to Live to 100 Part one of two. Jon Snow visits communities with long life expectancies.

7.45 The Great Pottery Throw Down The 11 potters craft a keepsake box with a disguised lid and face a surprise blindfold challenge. Judges Rich Miller and Keith Brymer Jones must decide who will leave this week.
9.00 FILM: Jack Reacher (2012) A former army sniper is arrested following a random shooting that leaves five people dead, but protests his innocence. An elusive former military police investigator is called in to examine the case, and becomes convinced a conspiracy is at work. Action thriller, starring Tom Cruise.
11.30 FILM: Trainspotting (1996) A heroin addict makes a series of attempts to kick the habit, but the grind of everyday life and a circle of similarly self-destructive friends keep dragging him back to his old ways. Following a near-fatal overdose, he comes to the realisation that the only way to put his life in order is to rid himself of his friends – which is easier said than done. Danny Boyle's drama based on Irvine Welsh's novel, starring Ewan McGregor.

1.15 Ramsay's Kitchen Nightmares USA (r) **2.05** Come Dine with Me (r) **4.15** Food Unwrapped: New Year Health Secrets (r) **5.10** Jamie's Comfort Food (r) **5.20** Sarah Beeny's New Life in the Country (r)

The Great Pottery Throw Down, *7.45pm.*



CHANNEL 5

6.00 Milkshake!
10.00 The Smurfs (r)
10.15 SpongeBob SquarePants (r)
10.25 Entertainment News on 5
10.30 NFL End Zone
11.00 Friends (r)
12.00 Friends (r)
12.25 Friends (r)
12.55 FILM: The Teagarden Mysteries (2015)
2.40 FILM: Appointment with Death (1988)
4.50 Cruising South America with Jane McDonald (r)
6.25 5 News Weekend
6.30 When All Inclusive Holidays Go Horribly Wrong (r) Holidaymakers discuss dream breaks that turned into nightmares.

8.00 22 Kids & Counting Noel and Sue Radford decide the time is right to move.
9.00 Motorhoming with Merton & Webster Paul Merton and Suki Webster explore the New Forest, encountering 'commoners' Tess and Ollie, who have earned the right for their ponies to roam freely in the area.
10.00 Hotel Benidorm: Sun, Sea & Sangria (r) There is a problem with the booking system.
10.55 Most Shocking Celebrity Moments (r) From tabloid-hitting break-ups such as Brad Pitt and Jennifer Aniston to the break-up of the UK's own Katie Price and her man, this show counts down the bizarre behaviour of celebrity couples. Featuring weird hook-ups and extra-marital shenanigans – including the very public kissing session between Seann Walsh and his Strictly dance partner Katya Jones, as well as art mirroring life as Bradley Cooper and Lady Gaga's on-screen romance in A Star Is Born seemed to many to spill into real life with a very steamy song at the Oscars.

12.55 Entertainment News on 5 **1.00** The LeoVegas Live Casino Show **3.00** GPs: Behind Closed Doors (r) **3.50** My Mum's Hotter Than Me! (r) **4.40** House Busters (r) **5.05** House Doctor (r) **5.35** Peppa Pig (r)

Motorhoming with Merton & Webster, *9pm.*

12.00 Bugzy Malone's Grandest Game. **12.30** Bugzy Malone's Grandest Game. **1.00** Edward Adoo.

CLASSIC FM
7.00 Aled Jones. **10.00** Andrew Marr. **1.00** Catherine Bott. **4.00** John Humphrys. **7.00** Smooth Classics at Seven with Charlotte Hawkins. **9.00** Music Programme. **10.00** Smooth Classics. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND
6.00 Our Scotland. **6.30** Playback. **7.00** Time Travels. **7.30** New Every Sunday. **8.00** Sunday Morning. **10.00** The Sunday Show. **12.00** Off the Ball. **2.00** Sportsound. **6.00** Your Requests with Gary Innes. **7.00** Classics Unwrapped. **9.00** Jazz Nights. **11.00** Iain Anderson. **1.00** As Radio 5 Live.

Romantic Getaway, Sky Showcase, *11pm.*

Satellite & Digital

OUR TOP PICK OF THE CHANNELS

BBC3

7.00 Gassed Up. **7.50** Top Gear America. **9.00** Roman Kemp: Our Silent Emergency. **10.00** Bad Education. **10.30** Search Party. **11.20** Blood, Sweat and Cheer. **12.05** Bad Education. **12.35** Gassed Up. **1.25** Roman Kemp: Our Silent Emergency. **2.25** Meet the Khans: Big in Bolton. **3.25** Meet the Khans Relationship Quiz. **3.30** Bad Education. **4.00** Close.

BBC4

7.00 Come Dancing. **7.45** Mozart Uncovered. **8.00** Inside Classical: Stravinsky's Rite of Spring. **9.30** Stealing Van Gogh. **10.30** Spike Milligan: Love, Light and Peace. **12.00** Michael Palin's New Europe. **1.00** Ancient Worlds. **2.00** Stealing Van Gogh. **3.00** Puerto Rico: Island of Enchantment – Natural World. **4.00** Close.

ITV2

6.00 Totally Bonkers Guinness World Records. **6.35** Secret Crush. **9.25** Dress to Impress. **11.25** The Masked Singer. **12.55 FILM:** Rio 2 (2014). **1.55** FYI Daily. **2.00 FILM:** Rio 2 (2014). **3.00 FILM:** Step Up 2: The Streets (2008). **4.00** FYI Daily. **4.05 FILM:** Step Up 2: The Streets (2008). **5.05 FILM:** Cloudy with a Chance of Meatballs 2 (2013). **6.05** FYI Daily. **6.10 FILM:** Cloudy with a Chance of Meatballs 2 (2013). **6.55 FILM:** Yes Man (2008). **7.55** FYI Daily. **8.00 FILM:** Yes Man (2008). **9.00 FILM:** Fast & Furious (2009). A fugitive and an FBI agent are forced to work together once again to bring a killer to justice. Thriller sequel, with Vin Diesel, Paul Walker and Michelle Rodriguez. **10.05** FYI Daily. **10.10 FILM:** Fast & Furious (2009). **11.10** Family Guy. **12.00** American Dad! **12.55** The Sex Lives of College Girls. **2.05** All American. **3.00** Teleshopping.

ITV3

6.00 George and Mildred. **6.35** Emmerdale Omnibus. **9.25** George and Mildred. **9.55** Agatha Christie's Marple. **3.55** Doc Martin. **6.00** Rosemary & Thyme. **8.00** Martin Clunes: Islands of the Pacific. **9.00** Joanna Lumley's Great Cities of the World. **10.00** Maigret – Dead Man. **11.55** Upstairs, Downstairs. **2.05** George and Mildred. **3.15** Emmerdale Omnibus. **5.45** Unwind with ITV.

ITV4

6.00 World of Sport. **6.05** Made in Britain. **6.30** Extreme E: Electric Odyssey. **7.00** Motorsport Mundial. **7.30** Auto Mundial. **8.00** English Football League Highlights. **10.05** Robson and Jim's Icelandic Fly-Fishing Adventure. **11.10 FILM:** The Guns of Navarone (1961). **12.10** FYI Daily. **12.15 FILM:** The Guns of Navarone (1961). **2.20 FILM:** Aces High (1976). **3.25** FYI Daily. **3.30 FILM:** Aces High (1976). **4.35 FILM:** 633 Squadron (1964). **5.35** FYI Daily. **5.40 FILM:** 633 Squadron (1964). **6.40 FILM:** From Russia with Love (1963). **7.45** FYI Daily. **7.50 FILM:** From Russia with Love (1963). **9.00 FILM:** The Blues Brothers (1980). Two criminal brothers cause mayhem when they re-form their blues band to raise the funds to save their old orphanage from closure. Comedy, starring John Belushi and Dan Aykroyd. **10.00** FYI Daily. **10.05 FILM:** The Blues Brothers (1980). **11.40** An Audience with Billy Connolly. **12.50** Giant Lobster Hunters. **1.50** Driving Force. **2.50** Unwind with ITV. **3.00** Teleshopping.

SKY SHOWCASE

6.00 Abominable and the Invisible City. **8.05** Monkey Life. **9.30** Gangs of Lemur Island. **11.30** Live WSL. **2.30** Lionesses: When Football Came Home. **4.15** The Simpsons. **6.30** Live WSL. West Ham United v Manchester City (Kick-off 6.45pm). **9.00** Deadline Day: Football's Transfer Window. **10.00** Spector. **11.00** Romantic Getaway. **12.00** Brassic. **1.00** The Force: North East. **2.00** Road Wars. **3.00** Nothing to Declare. **5.00** The Early Rundown.

SKY MAIN EVENT

6.00 Sky Sports News. **6.30** Live DP World Tour Golf. **12.00** Live WSL. Arsenal v Chelsea (Kick-off 12pm). **2.00** Live Super Sunday. **4.00** Live Super Sunday. Tottenham Hotspur v Arsenal (Kick-off 4.30pm). **7.00** Live NFL. Buffalo Bills v Miami Dolphins (Kick-off 6pm). Live coverage of the third Wild Card play-off match at Highmark Stadium. **9.15** Live NFL. Minnesota Vikings v New York Giants (Kick-off 9.30pm). Live coverage of the fourth Wild Card play-off match at U.S. Bank Stadium. **12.30** Live NBC's FNIA. **1.00** Live NFL. **4.30** Sky Sports News.

SKY CRICKET

6.00 Ashes Greats. **6.25** Best of England v Australia. **6.45** One-Day International Cricket. **7.45** Live Big Bash League. **11.00** Live SA20. **3.30** One-Day International Cricket. **4.30** The Best of The Big Bash. **5.30** Big Bash League. **7.30** SA20. **8.30** Big Bash League. **10.30** SA20. **11.30** One-Day International Cricket. **12.30** Big Bash League. **2.30** One-Day International Cricket. **3.30** SA20. **4.30** Best of England v Australia. **4.50** Ashes Greats. **5.00** The Best of The Big Bash.

BT SPORT 1

6.00 Live: Isuzu UTE A-League. **8.00** Premier League – The Big Interview. **8.30** ESPN FC. **9.00** WWE Raw Highlights. **10.00** WWE SmackDown Highlights. **11.00** Heineken Champions Cup. **12.30** Live Heineken Champions Cup. London Irish v Stormers (Kick-off 1pm). **3.00** Live Heineken Champions Cup. Racing 92 v Harlequins (Kick-off 3.15pm). **5.30** Live: Heineken Champions Cup Highlights. **6.30** The WRC Magazine. **7.00** Live: Golazzo Live. **7.45** Live: Serie A. AS Roma v Fiorentina (Kick-off 7.45pm). Coverage of the Italian top-flight clash from Stadio Olimpico. **10.00** FIH Hockey Men's World Cup. **12.00** Live: Women's One-Day International Cricket.

BT SPORT 2

6.00 Live: A-League Women. **7.00** ESPN FC. **7.30** The WRC Magazine. **8.00** Live: A-League Women. **10.00** Premier League. **11.30** Live: FIH Hockey Men's World Cup. **1.30** Live: FIH Hockey Men's World Cup. **3.30** UCL Stories of the Finals. **4.00** Live Ligue 1. **6.00** UCL Stories of the Finals. **6.30** Live: Spanish Super Cup. Action from the Spanish Super Cup Final (Kick-off TBA). **9.30** What Went Down. **10.15** WWE NXT UK Classics. **11.15** WWE SmackDown Highlights. **12.15** WWE NXT. **2.00** Spanish Super Cup. **3.30** Boxing: Pazienza v Duran II 1995. **4.30** ESPN Classic Boxing. **5.00** Fishing: On the Bank.

EUROSPORT 1

6.50 Live Ski Jumping. **8.35** Marco Odermatt – Best of Giant Slalom 2022. **8.50** Alpine Skiing. **9.00** Live Alpine Skiing. **10.15** Live Alpine Skiing. **12.00** Live Alpine Skiing. **1.15** ATP Tennis. **2.15** Marco Odermatt – Best of Giant Slalom 2022. **2.30** Live Sailing: The Ocean Race. **4.30** Dakar Rally. **5.30** Alpine Skiing. **7.30** Biathlon. **8.00** Dakar Rally. **9.00** Formula E. **10.00** Ski Jumping. **11.00** Short Track Speed Skating. **12.00** Live Australian Open Tennis. **2.00** Live Australian Open Tennis. **4.00** Live Australian Open Tennis.

MORE4

8.55 George Clarke's Amazing Spaces. **9.55** Ugly House to Lovely House with George Clarke. **11.00** George Clarke's Old House, New Home. **12.00** Come Dine with Me. **2.40** Four in a Bed. **5.15** Come Dine with Me. **8.00** Emergency Helicopter Medics. **9.00** 24 Hours in A&E. **10.00** Super Surgeons: A Chance at Life. **11.05** Emergency Helicopter Medics. **12.10** 24 Hours in A&E. **1.15** Super Surgeons: A Chance at Life. **2.15** Emergency Helicopter Medics. **3.20** Food Unwrapped. **3.50** Close.

BBC ALBA

6.00 Alba Today. **4.00** Live SWPL. **6.05** Binneas – Na Trads. **6.15** An Là. **6.30** Seachd Là. **7.30** Alleluia! **8.00** Slighe Chladach Fiobha. **8.30** Vets: Gach Creutair Beo. **9.00** Duncan Mackenzie. **10.05** Ceòl Dùthchasach/ Ken Burns' Country Music. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** The Seven. **7.15** The Glasgow Mela 2022. **8.15** Rewind 1990s. **8.30** Accidental Renovators. **9.00** Still Game. **9.30** Life on the Bay. **10.00** Who Owns Scotland? **11.00** Seven Days. **12.00** Close.

GOLD

6.00 Teleshopping. **7.30** Citizen Khan. **8.40** Only Fools and Horses. **1.15** The Vicar of Dibley. **2.30** Only Fools and Horses. **4.00** Hancock: Very Nearly An Armful. **6.00** Hancock's Half Hour. **7.15** Only Fools and Horses. **9.10** Dad's Army. **9.50** Billy Connolly Does.. **10.55** Blackadder II. **12.10** Only Fools and Horses. **1.50** French and Saunders. **3.05** Blackadder II. **4.00** Teleshopping.

PICK

6.00 Border Patrol. **8.00** Highway Patrol. **11.00** Neighbourhood Blues. **12.00** The Chase Celebrity Special. **1.00** The Celebrity Chase. **2.00** Agatha Raisin. **4.00** Highway Cops. **5.00** Caught Red Handed. **7.00** Motorway Patrol. **8.00** Brit Cops: Frontline Crime UK. **9.00** The Killer Within. **10.00** Killer in My Village. **11.00** Britain's Most Evil Killers. **1.00** Britcam: Emergency on Our Streets. **2.00** Motorway Patrol. **4.00** Border Patrol.

FILM4

11.00 A Dog's Purpose (2017). **1.05** Rise of the Guardians (2012). **3.05** Congo (1995). Action adventure, starring Dylan Walsh. **5.10** Titanic (1997). Romantic drama, starring Kate Winslet and Leonardo DiCaprio. **9.00** Kingsman: The Golden Circle (2017). Secret agents Eggsy and Merlin join forces with their US counterparts to bring down a psychotic femme fatale. Comedy adventure, starring Taron Egerton and Colin Firth. **11.45** Unsane (2018). A woman is committed to a psychiatric institute, where she is confronted by her greatest fear. Horror, starring Claire Foy and Joshua Leonard. **1.45** She, A Chinese (2009). Drama, starring Huang Lu. **3.55** Close.

DAVE

6.00 Teleshopping. **7.10** Modern Wheels or Classic Steals. **8.00** Rick Stein's French Odyssey. **9.00** Red Bull Soapbox Race. **11.00** Top Gear. **1.00** James May's Cars of the People. **3.00** Red Bull Soapbox Race 2022. **4.00** Room 101. **6.00** Top Gear. **7.00** Special Ops: Crime Squad UK. **8.00** QI XL. **9.00** Have I Got a Bit More News for You. **10.00** Mock the Week. **10.40** QI. **11.20** Would I Lie to You? **12.00** Red Dwarf. **2.00** Have I Got a Bit More News for You. **2.50** The Misadventures of Romesh Ranganathan. **4.00** Teleshopping.

TELEVISION

MONDAY JANUARY 16

BBC 1

6.00 Breakfast
9.15 Morning Live: Cost of Living Special
10.00 Rip Off Britain Live: Cost of Living Special
10.45 For Love or Money (r)
11.15 Homes Under the Hammer
12.15 Bargain Hunt
1.00 BBC News; Weather
1.30 Reporting Scotland; Weather
1.45 Doctors
2.15 The Farmers' Country Showdown
3.00 Escape to the Country (r)
3.45 The Repair Shop
4.30 Make It at Market
5.15 Pointless (r)
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather
7.00 The One Show
7.30 EastEnders Denise tries to make a problem disappear.
8.00 The NHS Crisis: Can It Be Fixed? – Panorama Alison Holt assesses the new ways of working that might offer the NHS the lifeline it needs.
8.30 Would I Lie to You? (r)
9.00 Silent Witness Part one of two. The Lyell team are thrown into the dark side of social media.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 Scot Squad (r)
11.10 Sportscene: SWPL Highlights (r)
11.55 Zara McDermott: Disordered Eating

12.30 Would I Lie to You? (r) **12.55** The Graham Norton Show (r) **1.45** Have I Got News for You (r) **2.15** Weather for the Week Ahead **2.20** BBC News

BBC 2

6.30 Bargain Hunt (r) **7.15** Make It at Market (r) **8.00** Sign Zone: Tom Kerridge: Lose Weight for Good (r) **8.30** England's Lionesses: Inside the Pride (r) **9.00** BBC News **10.00** BBC News **12.15** Politics Live **1.00** Bowls: World Championships Live coverage from Potters Resort at Hopton-on-Sea, Norfolk, including the pairs final, plus Les Gillett v Stuart Irwin in the open singles competition.
5.15 Flog It! (r) Mark Stacey and Christina Trevanion are in Huddersfield, West Yorkshire, to assess a range of items, while presenter Paul Martin pays a visit to Nostell Priory near Wakefield.
6.00 Richard Osman's House of Games
6.30 Take a Hike
7.00 Nadiya's Fast Flavours (r) Nadiya Hussain reveals some quick and easy recipes.
7.30 Mastermind Specialist subjects include Marcus Trescothick and Rupert Brooke.
8.00 Only Connect The Jugadores take on the Cunning Planners.
8.30 University Challenge The second round continues.
9.00 The Mayfair Hotel Megabuild
10.00 QI
10.30 Newsnight
11.10 Weather
11.15 FILM: A Bigger Splash (2015) Drama, starring Tilda Swinton and Ralph Fiennes.

1.15 Sign Zone: Countryfile (r) **2.10** Miriam Margolyes: Australia Unmasked (r) **3.10** This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal David Dickinson and experts Tim Hogarth, Jan Keyne, James Layte and Fay Rutter assess items brought in by members of the public in Liverpool.
3.00 Lingo
3.59 STV Weather Central
4.00 Tipping Point
5.00 The Chase
6.00 STV News at Six; Weather
6.30 ITV Evening News; Weather
7.30 Emmerdale Ryan overhears a conversation.
8.00 Coronation Street Aaron and Billy are worried that they cannot get hold of Summer, while Fiz and Tyrone are horrified as they discover Hope has been listening to tapes of John Stape.
9.00 Maternal New series. Medical drama, starring Parminder Nagra.
10.00 ITV News at Ten
10.30 STV News; Weather
10.40 Scotland Tonight; Weather
11.05 Bradley & Barney Walsh: Breaking Dad (r)
11.35 Bradley & Barney Walsh: Breaking Dad (r)

12.05 Shop: Ideal World **3.00** Lingo (r) **3.50** Night Vision **5.05** Dickinson's Real Deal (r)

CHANNEL 4

6.10 Countdown (r)
6.50 3rd Rock from the Sun (r)
7.40 Everybody Loves Raymond (r)
9.00 Frasier (r)
10.25 Undercover Boss USA (r)
11.25 Channel 4 News
11.30 Come Dine with Me: The Professionals (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 A Place in the Sun Danni Menzies searches for a holiday home around Málaga in Spain.
4.00 A New Life in the Sun
5.00 Junior Bake Off
6.00 The Simpsons (r)
6.30 Hollyoaks (r)
7.00 Channel 4 News
8.00 George Clarke's Amazing Spaces George drops in on a stunning, glass-fronted eco-lodge seemingly floating in mid-air and meets a couple trying to turn an old boat into their first ever home on a shoestring budget.
9.00 999: On the Front Line New series. Paramedics respond to reports of a patient in cardiac arrest. Concerned that an elderly relative is attempting CPR inside, they break down two sets of doors to gain entry.
10.00 8 Out of 10 Cats Does Countdown (r) Jonathan Ross and Joe Wilkinson take on Roisin Conaty and Ahir Shah.
11.05 Jon & Lucy's Odd Couples (r)

12.10 I Literally Just Told You (r) **1.05** The Caribbean: Billionaires' Paradise (r) **2.00** Ramsay's Kitchen Nightmares USA (r) **2.50** Travel Man: 48 Hours In Split (r) **3.15** Couples Come Dine with Me (r) **4.05** Kirstie's Fill Your House for Free (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
12.45 Traffic Cops (r)
1.40 5 News at Lunchtime
1.45 Home and Away (r)
2.15 FILM: The Killer Downstairs (2019) A woman rents her basement to a mysterious man, only to find that people who cause her problems start disappearing. Thriller, starring Cindy Busby and Marcus Rosner.
4.00 Bargain-Loving Brits in the Sun
5.00 5 News at 5
6.00 Holiday Homes in the Sun (r) Amanda Lamb, JB Gill and Sam Pinkham are in Amalfi.
6.55 5 News Update
7.00 Police Interceptors (r) Officers hunt for three teenagers alleged to have threatened a shopkeeper with a gun.
7.55 5 News Update
8.00 Traffic Cops A prolific car thief crashes and rolls a stolen car at over 100mph.
9.00 Police: Night Shift 999 Officers respond to a report of a crash.
10.00 Casualty 24/7: Every Second Counts (r) Staff treat an 88-year-old who has been knocked over by high-speed winds.
11.05 999: Critical Condition (r) The emergency medics treat a man with multiple stab wounds to his abdomen.

12.05 Police Interceptors (r) **1.00** The LeoVegas Live Casino Show **3.00** Million Pound Motorhomes (r) **3.50** My Mum's Hotter Than Me! (r) **4.40** House Busters (r) **5.05** House Doctor (r) **5.35** Peppa Pig (r) **5.40** Paw Patrol (r) **5.50** Pip and Posy (r)

The One Show, *7pm.*

Mastermind, *7.30pm.*

Coronation Street, *8pm.*

The Simpsons, *6pm.*

Traffic Cops, *8pm.*

BBC3

7.00 Hungry for It. **8.00** Young MasterChef. **8.30** Meet the Khans: Big in Bolton. **9.00** Gordon Ramsay's Future Food Stars. **10.00** FILM: The Accountant (2016). **12.00** Meet the Khans: Big in Bolton. **12.30** Young MasterChef. **1.00** Hungry for It. **2.00** Bad Education. **2.30** Gassed Up. **3.20** Young MasterChef.

BBC4

7.00 Great British Railway Journeys. **7.30** The Joy of Painting. **8.00** Vienna: Empire, Dynasty and Dream. **9.00** Britain's Lost Masterpieces. **10.00** The US and the Holocaust. **12.10** The Joy of Painting. **12.40** Hope Street. **1.25** Great British Railway Journeys. **1.55** Vienna: Empire, Dynasty and Dream. **2.55** Mozart Uncovered. **3.05** Close.

ITV2

6.00 World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** Secret Crush. **1.00** Dress to Impress. **2.00** Family Fortunes. **3.05** Chuck. **4.00** One Tree Hill. **5.00** The O.C. **6.00** Celebrity Catchphrase. **7.05** FILM: Legally Blonde (2001). **8.10** FYI Daily. **8.15** FILM: Legally Blonde (2001). **9.00** Love Island. **10.35** Family Guy. **11.30** American Dad! **12.25** Kavos Weekender. **1.25** Iain Stirling's CelebAbility. **2.10** Totally Bonkers Guinness World Records. **2.40** Unwind with ITV. **3.00** Teleshopping.

ITV3

7.00 Classic Coronation Street. **8.05** George and Mildred. **9.15** Agatha Christie's Marple. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.45** Inspector Morse. **6.00** Heartbeat. **8.00** Agatha Christie's Poirot. **9.00** Long Lost Family. **10.00** DCI Banks. **12.10** Agatha Christie's Marple. **2.20** Unwind with ITV. **2.30** Teleshopping.

SKY SHOWCASE

6.00 The Early Rundown. **7.00** Kay Burley. **8.00** Monkey Life. **9.00** Nothing to Declare. **10.00** Supergirl. **11.00** NCIS: New Orleans. **1.00** Hawaii Five-0. **2.00** S.W.A.T. **3.00** Orangutan Jungle School. **4.00** The Conners. **4.30** Futurama. **5.00** The Simpsons. **5.30** The Fresh Prince of Bel-Air. **6.30** The Simpsons. **8.00** Micro Monsters with David Attenborough. **9.00** Chernobyl: The Lost Tapes. **10.50** The Force: North East. **11.50** Sex and the City. **1.00** Road Wars. **2.00** Brit Cops: Rapid Response. **3.00** Hawaii Five-0. **4.00** S.W.A.T. **5.00** The Early Rundown.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Good Morning Sports Fans. **7.45** Live Big Bash League. **11.45** The Best of The Big Bash. **12.00** The Football Show. **1.00** Transfer Talk. **2.00** Sky Sports News. **3.00** Live SA20. **7.30** Live EFL. **10.30** The Gloves Are Off. **11.00** Live NBA Basketball. **1.30** Live NFL. **4.45** My Icon: Solomon Wilcots. **5.00** Sky Sports News.

SKY CRICKET

6.00 Stuart Broad – My Greatest Spells. **6.45** Big Bash League. **7.45** Live Big Bash League. **11.45** The Best of The Big Bash. **12.00** SA20. **1.00** One-Day International Cricket. **2.00** SA20. **3.00** Live SA20. **7.30** Big Bash League. **8.30** One-Day International Cricket. **9.30** SA20. **10.30** Big Bash League. **11.30** SA20. **12.30** Best of England v Australia. **12.50** Ashes Greats. **1.00** SA20. **5.00** Best of England v Australia. **5.20** Ashes Greats.

BT SPORT 1

8.30 The WRC Magazine. **9.00** Down The Clubhouse. **10.00** Premier League. **11.30** Premier League Stories. **12.00** Premier League Review. **1.00** Premier League – The Big Interview. **1.30** Live: ILT20. **5.45** ESPN FC Presents: Gab & Juls. **6.15** What I Wore. **6.30** Premier League Review. **7.30** Live: Serie A. **9.45** BT Sport Goals Reload. **10.15** What Went Down. **11.00** WWE Raw Highlights. **12.00** WWE SmackDown Highlights. **1.00** Live: WWE Monday Night Raw. **4.15** Ariel Helwani Meets. **4.45** What I Wore: Hector Bellerin. **5.00** Premier League Legends. **5.30** ESPN FC Presents: Gab & Juls.

BBC ALBA

6.00 Alba Today. **5.00** Treubh an Tuathanais. **5.10** Su Pic. **5.20** AH-AH/No-No. **5.30** Pip & Posy. **5.40** 'S E Iasg a Th'Annam. **5.45** Piseag & Cuilean/Kit & Pup. **5.50** Stòiridh. **6.00** Ronia, Nighean a' Mheirlich/Ronja, the Robber's Daughter. **6.25** Geamaichean Gorach. **6.30** Dubhlain CBBC Alba. **6.35** Saidheans Sporsail. **7.00** Fuine. **7.30** SpeakGaelic. **8.00** An Là. **8.30** Gàrraidhean Mòra na h-Alba. **9.00** An Clò Mòr. **9.30** Trusadh – Nar Lamhan Fhin. **10.30** Tog do Shuil. **11.30** OMC! **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **2.00** Sign Zone: My Kind of Town: Wick. **2.30** Sign Zone: Iain Robertson Rambles – The Hebridean Way. **3.00** Sign Zone: This Farming Life. **4.00** This Is BBC Scotland. **7.00** Sportscene: SWPL Highlights. **7.45** Rewind 1990s. **8.00** This Farming Life. **9.00** The Nine. **10.00** River City. **10.30** The Scotts. **11.00** Raiders of the Lost Archive. **11.30** Sky High Club: Scotland and Beyond. **12.00** Close.

FILM4

11.00 His Girl Friday (1940). **12.50** The League of Gentlemen (1960). **3.05** A Shot in the Dark (1964). **5.10** Johnny English Strikes Again (2018). **6.55** Isle of Dogs (2018). **9.00** Made In Italy (2020). **10.50** Charlie's Angels: Full Throttle (2003). **1.00** Blue Juice (1995). **3.10** Close.

DAVE

6.00 Teleshopping. **7.10** Modern Wheels or Classic Steals. **8.00** Cops on the Rock. **9.00** The Force: Behind the Line. **10.00** Rick Stein's Far Eastern Odyssey. **11.00** Rick Stein's Long Weekends. **12.00** The Force: Behind the Line. **1.00** Border Force: America's Gatekeepers. **2.00** Top Gear. **4.00** QI XL. **5.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? **8.20** QI. **10.00** Have I Got a Bit More 2018 News for You. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **1.20** QI. **2.00** Richard Osman's House of Games. **2.30** Not Going Out. **3.10** Have I Got a Bit More 2018 News for You. **4.00** Teleshopping.

RADIO

BBC RADIO 1
5.00 Radio 1 Early Breakfast with Arielle Free. **6.57** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **10.30** Newsbeat. **10.32** Rickie, Melvin and Charlie. **12.45** Newsbeat. **1.00** Dean and Vicky. **3.30** Newsbeat. **3.32** Going Home with Vick and Jordan. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds with Clara Amfo. **7.00** Radio 1's Hottest Records of the Week. **8.00** Radio 1's Future Artists with Jack Saunders. **10.00** Radio 1's Essential Albums. **11.00** Rock Show with Daniel P Carter. **1.00** BBC Introducing Rock on Radio 1 with Alyx Holcombe. **2.00** Radio 1's Future Alternative. **3.00** Radio 1's Workout Anthems. **4.00** Radio 1 Dance.

BBC RADIO 2
6.30 The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Blues Show with Cerys Matthews. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **2.30** One Hit Wonders with OJ Borg. **3.00** Pick of the Pops. **4.00** Early Breakfast Show.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Shostakovich. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.30** New Generation Artists. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **9.15** Northern Drift. **10.00** Music Matters. **10.45** The Essay: From Biltong to Bobotie – Journeys in South African Cuisine. **11.00** Night Tracks. **12.30** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **9.00** Start the Week. **9.45** (FM) Book of the Week: On Savage Shores: How Indigenous Americans Discovered Europe. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** The Invention of Russia. **11.30** Scotland's Ships. **12.00** News. **12.04** You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Inside Pages. **2.00** The Archers. **2.15** This Cultural Life. **3.00** Counterpoint. **3.30** The Food Programme. **4.00** Music to Scream To: The Hammer Horror Soundtracks. **4.30** Beyond Belief. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Just a Minute. **7.00** The Archers. **7.15** Front Row. **8.00** I'm Not a Monster: The Shamima Begum Story. **8.30** Crossing Continents. **9.00** Science Stories. **9.30** Start the Week. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: Act of Oblivion. **11.00** Word of Mouth. **11.30** Today in Parliament. **12.00** News and Weather. **12.30** Book of the Week: On Savage Shores: How Indigenous Americans Discovered Europe. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Naga Munchetty. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **9.00** 5 Live Sport. **10.00** Colin Murray. **1.00** Dotun Adebayo.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** John Brunning. **7.00** Smooth Classics at Seven. Presented by Zeb Soanes. **10.00** Smooth Classics. With Margherita Taylor. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show with Janice Forsyth. **4.00** Drivetime. **6.00** Get It On with Bryan Burnett. **8.00** Vic Galloway. **10.00** Iain Anderson. **12.00** As Radio 5 Live.

The US and the Holocaust, BBC4, *10pm.*

TELEVISION

TUESDAY JANUARY 17

BBC 1

6.00 Breakfast
9.15 Morning Live: Cost of Living Special
10.00 Rip Off Britain Live: Cost of Living Special
10.45 For Love or Money (r)
11.15 Homes Under the Hammer
12.15 Bargain Hunt (r)
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Doctors
2.15 The Farmers' Country Showdown
3.00 Escape to the Country
3.45 The Repair Shop
4.30 Make It at Market
5.15 Pointless (r)
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather

7.00 **River City** (r) As a storm approaches Shieldinch, Lou finds herself triggered by a conversation with DCI Shaw, while Bob has some difficult questions for Tommy and Roisin.
7.30 **Match of the Day Live** Coverage of a third-round replay (Kick-off TBA), as the world's oldest domestic cup competition continues.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 Bad Education (r)
11.10 Pretty Little Liars: Original Sin As Millwood deals with the aftermath of recent events, Imogen uncovers secrets to unmask 'A'. Drama, starring Bailee Madison.

12.00 Pretty Little Liars: Original Sin 12.50 Michael McIntyre's Big Show (r) 12.50 Weather for the Week Ahead 1.55 BBC News

BBC 2

6.30 The Farmers' Country Showdown (r) **7.15** Make It at Market (r) **8.00** Sign Zone: Digging for Britain (r) **9.00** BBC News **10.00** BBC News 12.15 Politics Live 1.00 Bowls: World Championships Including the mixed pairs final.
5.15 **Flog It!** (r) From Burton Constable Hall in the East Riding of Yorkshire. Antiques expert Jonathan Pratt finds a bronze statue, and Catherine Southon enthuses about a silver bowl.
6.00 **Richard Osman's House of Games** Kriss Akabusi, Grace Dent, Tim Lovejoy and Lauren Steadman test their skills.
6.30 Take a Hike

7.00 **This Farming Life** (r) Ronnie and Pete prepare to compete at the Royal Highland Show.
8.00 **Winterwatch** New series. Chris Packham and Michaela Strachan present wildlife stories from Wild Ken Hill in Norfolk.
9.00 **India: The Modi Question** Two-part documentary examining tensions between Indian PM Narendra Modi and India's Muslim minority.
10.00 **Detectorists** (r)
10.30 **Newsnight** Headline analysis.
11.10 **Weather**
11.15 **FILM: Love & Mercy** (2014) Biopic of Brian Wilson, starring John Cusack and Paul Dano.

1.10 Sign Zone: Tokyo Vice (r) 2.05 The Traitors (r) 3.05 Flipping Profit (r) 3.50 This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal
3.00 **Lingo** With contestants from the West Midlands, Rickmansworth, London and Bradford.
3.59 STV Weather Central
4.00 **Tipping Point** Quiz, hosted by Ben Shephard.
5.00 **The Chase** Quiz show, hosted by Bradley Walsh.
6.00 STV News at Six; Weather
6.30 ITV Evening News; Weather

7.30 **Emmerdale** Gabby takes her celebrations too far.
8.00 **The Martin Lewis Money Show: Live** Martin continues to help the nation through this financially tricky time.
9.00 **Bradley & Barney Walsh: Breaking Dad**
9.30 **The Family Pile** New series. Comedy about four bereaved sisters who clash over the sale of the family home.
10.00 ITV News at Ten
10.30 STV News; Weather
10.40 Scotland Tonight; Weather
11.05 The John Bishop Show (r)
11.50 Made in Britain (r)

12.20 Shop: Ideal World 3.00 Dickinson's Real Deal (r) 3.50 Night Vision 5.05 Lingo (r)

CHANNEL 4

6.10 Countdown (r)
6.50 3rd Rock from the Sun (r)
7.40 Everybody Loves Raymond (r)
9.00 Frasier (r)
10.25 Undercover Boss USA (r)
11.25 Channel 4 News
11.30 Come Dine with Me: The Professionals (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 **A Place in the Sun** Ben Hillman helps Jane find a holiday home in Madeira.
4.00 A New Life in the Sun
5.00 Junior Bake Off
6.00 The Simpsons (r)
6.30 Hollyoaks (r)

7.00 Channel 4 News
8.00 **Know Your S**t: Inside Our Guts** New series. Alana Macfarlane-Kempner and Lisa Macfarlane talk to experts at Poo HQ about different issues members of the public are having with their gut health.
9.00 **24 Hours in A&E** An 18 year-old is rushed in after suffering a cardiac arrest during a football game and 30 year-old Tom has a severe ankle injury after a head-on traffic collision.
10.00 **Belfast Midwives** Childhood sweethearts Margaret and Ryan are expecting their second child.
11.05 **Emergency Helicopter Medics**

12.10 In the Footsteps of Killers (r) 1.05 Ramsay's Kitchen Nightmares USA (r) 1.55 Travel Man: 48 Hours in Antwerp (r) 2.20 Couples Come Dine with Me (r) 3.15 The Great Pottery Throw Down (r) 4.20 Sarah Beeny's New Life in the Country (r) 5.15 Building the Dream (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
12.45 Traffic Cops (r)
1.40 5 News at Lunchtime
1.45 Home and Away (r)
2.15 **FILM: A Stepmother's Secret** (2022) Premiere. After witnessing her stepmother commit murder, Brianna must try and convince her family to believe her story before its too late. Thriller, starring Julia Terranova.
4.00 Bargain-Loving Brits in the Sun
5.00 5 News at 5
6.00 Holiday Homes in the Sun (r) Amanda Lamb, JB Gill, and Sam Pinkham are in the Tamar Valley.
6.55 5 News Update

7.00 **GPs: Behind Closed Doors** Dr Eleanor Beecraft tries to convince a patient to quit smoking.
7.55 5 News Update
8.00 **Dogs Behaving (Very) Badly** Graeme travels to the Peak District to meet Sandie, an owner in desperate need of his help with her troublesome Terrier called Blossom.
9.00 **Ben Fogle: New Lives in the Wild** Ben heads to Slab City in California to meet an extraordinary homeless artist called DNA, who Ben had previously met whilst in the area making another documentary.
10.00 **The Girl in the Cellar: 8 Years Underground**

12.05 Crimes That Shook Britain (r) 1.00 The LeoVegas Live Casino Show 3.00 Entertainment News on 5 3.10 Holiday Homes in the Sun (r) 4.00 My Mum's Hotter Than Me! (r) 4.50 House Busters (r) 5.15 House Doctor (r) 5.40 Peppa Pig (r) 5.45 Paw Patrol (r)

The Repair Shop, *3.45pm.*

Take a Hike, *6.30pm.*

Bradley & Barney Walsh: Breaking Dad, *9pm.*

24 Hours in A&E, *9pm.*

Dogs Behaving (Very) Badly, *8pm.*

BBC3

7.00 Hungry for It. **8.00** Young MasterChef. **8.30** Meet the Khans: Big in Bolton. **9.00** Gordon Ramsay's Future Food Stars. **10.00** Big Zuu's Big Eats. **11.00** Meet the Khans: Big in Bolton. **11.30** People Just Do Nothing. **12.30** Young MasterChef. **1.00** Hungry for It. **2.00** People Just Do Nothing. **3.00** Bad Education. **3.30** Young MasterChef. **4.00** Close.

BBC4

7.00 Great British Railway Journeys. **7.30** The Joy of Painting. **8.00** To the Manor Born. **8.30** The Mistress. **9.00** A History of Britain by Simon Schama. **10.00** Catching Britain's Killers: The Crimes That Changed Us. **11.00** Ancient Worlds. **12.00** Elizabeth I's Secret Agents. **1.00** The Joy of Painting. **1.30** Great British Railway Journeys. **2.00** Catching Britain's Killers: The Crimes That Changed Us. **3.00** A History of Britain by Simon Schama. **4.00** Close.

ITV2

6.00 World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** Secret Crush. **1.00** Dress to Impress. **2.00** Family Fortunes. **3.05** Chuck. **4.00** One Tree Hill. **5.00** The O.C. **6.00** Catchphrase Celebrity Special. **7.00** Ninja Warrior UK: Race for Glory. **8.00** Superstore. **9.00** Love Island. **10.05** Kavos Weekender. **11.05** Family Guy. **12.00** American Dad! **12.55** Superstore. **1.55** Plebs. **2.50** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** George and Mildred. **9.15** Agatha Christie's Marple. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.45** Inspector Morse. **6.00** Heartbeat. **8.00** Midsomer Murders. **10.00** DCI Banks. **12.05** Agatha Christie's Marple. **2.15** Unwind with ITV. **2.30** Teleshopping.

SKY SHOWCASE

6.00 The Early Rundown. **7.00** Kay Burley. **8.00** Arctic Secrets. **9.00** Nothing to Declare. **10.00** Supergirl. **11.00** NCIS: New Orleans. **1.00** Hawaii Five-0. **2.00** S.W.A.T. **3.00** Big Cat Country. **4.00** The Conners. **4.30** Futurama. **5.00** The Simpsons. **5.30** The Fresh Prince of Bel-Air. **6.30** The Simpsons. **8.00** American Auto. **9.00** The Last of Us. **10.35** Hold the Front Page. **11.35** Romantic Getaway. **12.35** The Force: North East. **1.30** Road Wars. **2.00** Brit Cops: Rapid Response. **3.00** Hawaii Five-0.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Good Morning Sports Fans. **7.45** Live Big Bash League. **11.45** Live SA20. **3.00** Live SA20. **7.30** The Transfer Show. **8.00** Sky Sports News. **10.30** Back Pages Tonight. **11.00** Sky Sports News.

SKY CRICKET

6.00 The Best of The Big Bash. **6.45** Big Bash League. **7.45** Live Big Bash League. **11.00** Live SA20. **3.00** Live SA20. **7.30** Big Bash League. **8.30** SA20. **10.30** Big Bash League. **11.30** SA20. **1.30** Ashes Greats. **1.40** Ashes Greats. **2.05** Big Bash League. **3.00** SA20. **5.00** Ashes Greats. **5.50** Ashes Greats.

BT SPORT 1

6.00 ESPN FC. **6.30** Premier League Review. **7.30** FIH Hockey Men's World Cup. **9.30** Heineken Champions Cup Highlights. **10.30** Clash Daytona. **11.30** Premier League Review. **12.30** Women's One-Day International Cricket. **1.30** Live: ILT20. **5.45** BT Sport Goals Reload. **6.00** Premier League Review. **7.00** Premier League Stories. **7.30** A-League Highlights. **8.00** Premier League Reload. **8.15** What Went Down. **9.00** WWE Monday Night Raw. **11.30** Ariel Helwani Meets. **12.00** WWE NXT Highlights. **1.00** Live: WWE NXT. **3.15** Ariel Helwani Meets. **3.45** What I Wore: Jamie Vardy. **4.00** Leicester Tigers v Wasps 2007. **5.30** Joe Cole Cast.

BBC ALBA

6.00 Alba Today. **5.00** AH-AH/No-No. **5.10** Meaban is Moo. **5.15** Nannag a' Noo/Huggleboo. **5.25** Oscar & Ealasaid. **5.40** Shane an Chef. **5.50** Stòiridh. **6.00** An Saoghal Droil aig Pol Ploc/The Rubbish World of Dave Spud. **6.10** A-null 's a-nall. **6.25** Damhan & Durrag/Pipas & Douglas. **6.30** Stri. **6.40** Geamaichean Gorach. **6.45** Proiseact Ploigh. **7.00** Gaisgich Oga an Darna Cogaidh. **7.25** Dàn. **7.30** SpeakGaelic. **8.00** An Là. **8.30** Vets: Gach Creutair Beo. **9.00** Curaidh na Coille/Birdman of Pollok. **10.00** Trusadh – Nar Lamhan Fhin. **11.00** Machair. **11.25** Ceilidh na Bliadhn' Uire 2021. **11.30** Alleluia! **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** Iain Robertson Rambles – The Hebridean Way. **7.30** Sky High Club: Scotland and Beyond. **8.00** Who Owns Scotland? **9.00** The Nine. **10.00** Giving It Stick. **11.00** Darren McGarvey's Addictions. **12.00** Close.

FILM4

11.00 Millions Like Us (1943). **1.05** Three Hours to Kill (1954). **2.40** Run Silent, Run Deep (1958). **4.30** The Riddle of the Sands (1979). **6.35** Star Trek (2009). **9.00** Red Sparrow (2018). **11.45** Animal Kingdom (2010). **2.00** The Keeping Room (2014). **3.55** Close.

DAVE

6.00 Teleshopping. **7.10** Modern Wheels or Classic Steals. **8.00** Cops on the Rock. **9.00** The Force: Behind the Line. **10.00** Rick Stein's Far Eastern Odyssey. **11.00** Rick Stein's Long Weekends. **12.00** The Force: Behind the Line. **1.00** Border Force: America's Gatekeepers. **2.00** Top Gear. **4.00** QI. **5.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? **8.20** QI. **10.00** Have I Got a Bit More News for You. **11.00** Taskmaster. **12.00** Would I Lie to You? **12.40** Mock the Week. **1.20** QI. **2.00** Richard Osman's House of Games. **2.30** Not Going Out. **3.15** Have I Got a Bit More News for You. **4.00** Teleshopping.

RADIO

BBC RADIO 1
5.00 Radio 1 Early Breakfast with Arielle Free. **6.57** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **10.30** Newsbeat. **10.32** Rickie, Melvin and Charlie. **12.00** Radio 1's Live Lounge. **12.45** Newsbeat. **1.00** Dean and Vicky. **3.30** Newsbeat. **3.32** Going Home with Jordan. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds with Clara Amfo. **8.00** Radio 1's Future Artists with Jack Saunders. **10.00** Radio 1's Essential Albums. **11.00** Annie Nightingale Presents. **1.00** Radio 1's Drum & Bass Mix. **2.00** Radio 1 Playlist: Revision Mode. **3.00** Radio 1's Power Down Playlist with Sian Eleri. **4.00** Radio 1 Dance.

BBC RADIO 2
6.30 The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Jazz Show with Jamie Cullum. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Pick of the Pops. **4.00** Early Breakfast Show.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** Free Thinking. **10.45** The Essay: From Biltong to Bobotie – Journeys in South African Cuisine. **11.00** Night Tracks. **12.30** Through the Night.

BBC RADIO 4
6.00 Today. **8.31** (LW) Yesterday in Parliament. **9.00** The Life Scientific. **9.30** One to One. **9.45** (FM) Book of the Week: On Savage Shores: How Indigenous Americans Discovered Europe. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** The Curious Cases of Rutherford & Fry. **11.30** Out of the Ordinary. **12.00** News. **12.04** Call You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Inside Pages. **2.00** The Archers. **2.15** Drama: Not for Turning. **3.00** Short Cuts. **3.30** A Thorough Examination with Drs Chris and Xand: Can I Change? **4.00** Word of Mouth. **4.30** Great Lives. **5.00** PM. **5.57** Weather. **6.00** News. **6.30** Phil Ellis Is Trying. **7.00** The Archers. **7.15** Front Row. **8.00** File on 4. **8.40** In Touch. **9.00** Inside Health. **9.30** The Life Scientific. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime. **11.00** Small Scenes. **11.30** Today in Parliament. **12.00** News. **12.30** Book of the Week: On Savage Shores: How Indigenous Americans Discovered Europe. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Naga Munchetty. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **10.00** Colin Murray. **1.00** Dotun Adebayo.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** John Brunning. **7.00** Smooth Classics at Seven. **10.00** Smooth Classics. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show with Janice Forsyth. **4.00** Drivetime. **6.00** Get It On with Bryan Burnett. **8.00** Another Country with Ricky Ross. **10.00** Roddy Hart. **12.00** As Radio 5 Live.

A History of Britain by Simon Schama, BBC4, *9pm.*

TELEVISION

WEDNESDAY JANUARY 18

BBC 1

6.00 Breakfast
9.15 Morning Live: Cost of Living Special
10.00 Rip Off Britain Live
10.45 For Love or Money (r)
11.15 Homes Under the Hammer (r)
12.15 Bargain Hunt (r)
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Doctors
2.15 Politics Scotland
3.00 The Farmers' Country Showdown
3.45 The Repair Shop
4.30 Make It at Market
5.15 Pointless (r)
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather
6.55 Party Political Broadcast

7.00 The One Show
7.30 EastEnders Whitney goes for her first baby scan.
8.00 Waterloo Road The Walters family find themselves in an unexpected crisis.
9.00 Silent Witness Nikki manages to get behind the mask of the lead suspect while Jack has a breakthrough at the festival site. A surprise event at the Lyell brings some hope.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 FILM: King of Thieves (2018) Fact-based crime drama, starring Michael Caine.

12.25 The Edit (r) 12.40 The Apprentice (r) 1.40 Weather for the Week Ahead 1.45 BBC News

BBC 2

6.30 The Farmers' Country Showdown (r) **7.15 Make It at Market** (r) **8.00 Sign Zone: See Hear 8.30 A Countryside Winter** (r) **9.00 BBC News 10.00 BBC News 11.15 Politics Live 1.00 Bowls: World Championships** Live coverage from Potters Resort at Hopton-on-Sea, Norfolk, featuring an open singles match and the first ladies' singles semi-final.
5.15 Flog It! (r) The team visits the University of Nottingham.
6.00 Richard Osman's House of Games Kriss Akabusi, Grace Dent, Tim Lovejoy and Lauren Steadman test their skills.
6.30 Take a Hike Police officer Mike takes the group on a walk in Snowdonia.

7.00 This Farming Life (r)
8.00 Winterwatch
9.00 Surgeons: At the Edge of Life New series. The specialists at Addenbrooke's treat a man who has serious injuries after crashing his motorbike.
10.00 Our Flag Means Death Stede's men take a trip in hope of ransoming the remaining hostage.
10.30 Newsnight Headline analysis.
11.10 Weather
11.15 India: The Modi Question (r) Two-part documentary examining tensions between Indian PM Narendra Modi and India's Muslim minority.

12.15 Sign Zone: See Hear (r) 12.45 The Traitors (r) 1.45 The Travelling Auctioneers (r) 2.30 The Love Box in Your Living Room (r) 3.30 This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal David Dickinson is in London at the RAF Museum.
3.00 Lingo
3.59 STV Weather Central
4.00 Tipping Point Quiz, hosted by Ben Shephard.
5.00 The Chase
6.00 STV News at Six; Weather
6.25 Party Political Broadcast
6.30 ITV Evening News; Weather

7.30 Emmerdale
8.00 Coronation Street Paul seeks revenge for Mike's treatment of Summer, and Stephen confides in Gail that he is worried Elaine might be reading too much into their friendship.
9.00 Next Level Chef Gordon Ramsay hosts the culinary challenge, which sees the contestants go Italian, but the kitchen in which they work depends on how well they did last week.
10.00 ITV News at Ten
10.30 STV News; Weather
10.40 Scotland Tonight; Weather
11.05 Peston

12.05 Shop: Ideal World 3.00 When Can I See My GP? Tonight (r) 3.25 James Martin's French Adventure (r) 3.50 Night Vision 5.05 Dickinson's Real Deal (r)

CHANNEL 4

6.10 Countdown (r)
6.50 3rd Rock from the Sun (r)
7.40 Everybody Loves Raymond (r)
9.00 Frasier (r)
10.25 Undercover Boss USA (r)
11.25 Channel 4 News
11.30 Come Dine with Me: The Professionals (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 A Place in the Sun Liz and Dave are looking for a holiday home in Fuerteventura.
4.00 A New Life in the Sun
5.00 Junior Bake Off
6.00 The Simpsons (r)
6.30 Hollyoaks (r)

7.00 Channel 4 News
8.00 Kirstie and Phil's Love It or List It Heather and Tim from Lothianburn enlist the help of the hosts to see if they can improve the house they live in or if they should start fresh somewhere new.
9.00 The Light in the Hall Things go from bad to worse for Sharon and Joe. Shelley and Cat try to help Joe remember what happened the night he went to prison.
10.00 The Caribbean: Billionaires' Paradise Neysha Soodeen celebrates with family and friends in style.
11.05 Billion Pound Cruise

12.10 24 Hours in A&E (r) 1.05 Belfast Midwives (r) 2.00 Ramsay's Kitchen Nightmares USA (r) 2.50 FILM: Mistress America (2015) Comedy, starring Lola Kirke and Greta Gerwig. 4.20 Building the Dream (r) 5.15 Sarah Beeny's New Life in the Country (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
12.45 Traffic Cops (r)
1.40 5 News at Lunchtime
1.45 Home and Away (r)
2.15 FILM: Death, Disappearance and Deceit: Mystery 101 (2019) Premiere. Crime drama, starring Jill Wagner.
4.00 Bargain-Loving Brits in the Sun Jackie plans to expand her portfolio by going into tea production.
5.00 5 News at 5
6.00 Holiday Homes in the Sun (r) Amanda Lamb, JB Gill and Sam Pinkham are in Sorrento, Italy.
6.55 5 News Update

7.00 You Are What You Eat (r) Trisha Goddard and Dr Amir Khan help a busy mum and an entrepreneur.
7.55 5 News Update
8.00 My Cornwall with Fern Britton The presenter embarks on the last leg of her road trip. Last in the series.
9.00 No Place Like Home Ben Miller returns to his hometown of Nantwich in Cheshire, where he embarks on a surprising journey of discovery.
10.00 A&E After Dark (r) A 56-year-old motorcyclist is rushed in after colliding with a deer.
11.05 Skin A&E (r) Four top dermatologists treat patients for cysts, lipomas and skin tags.

12.05 Ambulance: Code Red (r) 1.00 The LeoVegas Live Casino Show 3.00 Holiday Homes in the Sun (r) 3.50 My Mum's Hotter Than Me! (r) 4.40 House Busters (r) 5.05 House Doctor (r) 5.35 Peppa Pig (r) 5.40 Paw Patrol (r) 5.50 Pip and Posy (r)

Pointless, *5.15pm.*

Take a Hike, *6.30pm.*

Peston, *11.05pm.*

Kirstie and Phil's Love It or List It, *8pm.*

Traffic Cops, *12.45pm.*

BBC3

7.00 Top Gear. **8.00** Young MasterChef. **8.30** Jobfished. **9.15 FILM:** Beautiful Boy (2018). Drama, starring Timothée Chalamet. **11.10** Cuckoo. **12.05** Bad Education. **12.35** Young MasterChef. **1.05** Cuckoo. **2.05** Bad Education. **2.35** Jobfished. **3.20** Press X to Continue. **3.30** Young MasterChef. **4.00** Close.

BBC4

7.00 Great British Railway Journeys. **7.30** The Joy of Painting. **8.00** Michael Palin's New Europe. **9.00** The Beginning and End of the Universe. **10.00** Ken Loach: This Cultural Life. **10.30** Up the Junction: The Wednesday Play. **11.40** Michael Palin's New Europe. **12.40** The Beginning and End of the Universe. **1.40** Great British Railway Journeys. **2.10** The Joy of Painting. **2.40** Britain's Lost Masterpieces. **3.40** Close.

ITV2

6.00 World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** Secret Crush. **1.00** Dress to Impress. **2.00** Family Fortunes. **3.05** Chuck. **4.00** One Tree Hill. **5.00** The O.C. **6.00** Celebrity Catchphrase. **7.00** Ninja Warrior UK: Race for Glory. **8.00** Superstore. **9.00** Love Island. The relationship-based reality show continues. **10.05** The Stand Up Sketch Show. **10.35** Family Guy. **11.35** American Dad! **12.30** Superstore. **1.25** CelebAbility. **2.10** Totally Bonkers Guinness World Records. **2.40** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** George and Mildred. **9.15** Agatha Christie's Marple. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.45** Inspector Morse. **6.00** Heartbeat. **8.00** Lewis. **10.00** DCI Banks. **12.05** Agatha Christie's Marple. **2.05** Unwind with ITV. **2.30** Teleshopping.

SKY SHOWCASE

6.00 The Early Rundown. **7.00** Kay Burley. **8.00** Arctic Secrets. **9.00** Nothing to Declare. **10.00** Supergirl. **11.00** NCIS: New Orleans. **1.00** Hawaii Five-0. **2.00** S.W.A.T. **3.00** Big Cat Country. **4.00** The Conners. **4.30** Futurama. **5.00** The Simpsons. **5.30** The Fresh Prince of Bel-Air. **6.30** The Simpsons. **8.00** Landscape Artist of the Year 2023. **9.00** Hold the Front Page. **10.00** Ricky Gervais: Fame. **11.40** Brassic. **12.35** An Idiot Abroad. **1.30** Road Wars. **2.00** Brit Cops: Rapid Response. **3.00** Hawaii Five-0. **4.00** S.W.A.T. **5.00** The Early Rundown.

SKY MAIN EVENT

6.00 Sky Sports News. **7.00** Good Morning Sports Fans. **8.00** Ashes Greats. **8.10** Live Big Bash League. **12.00** Live SA20. **3.00** Live SA20. Pretoria Capitals v Joburg Super Kings. **7.30** Live SPFL. Kilmarnock v Rangers (Kick-off 8pm). **10.30** Behind the Ropes. **11.30** The Gloves Are Off. **12.00** Sky Sports News. **3.30** Live DP World Tour Golf.

SKY CRICKET

6.00 Ashes Greats. **6.10** SA20. **8.10** Live Big Bash League. **11.00** Live SA20. **3.00** Live SA20. Pretoria Capitals v Joburg Super Kings. **7.30** Big Bash League. **8.30** SA20. **10.30** Big Bash League. **11.30** SA20. **1.30** Big Bash League. **2.30** SA20. **4.30** Best of England v Australia. **4.50** Ashes Greats. **5.00** Big Bash League.

BT SPORT 1

6.00 ESPN FC. **6.30** A-League Highlights. **7.00** Live: A-League Women. **9.00** Ligue 1 Highlights. **10.00** Primeira Liga. **11.00** Heineken Champions Cup Highlights. **12.00** The WRC Magazine. **12.30** Ligue 1. **1.30** Live: ILT20. Desert Vipers v MI Emirates. **5.45** ESPN FC. **6.15** Serie A – Full Impact. **6.45** Live: EuroCup Basketball. **9.00** WWE NXT. **10.45** WWE Raw Highlights. **11.45** BT Sport Goals Reload. **12.00** Live College Basketball. **2.00** Live College Basketball. **4.00** ESPN Films: 144. **5.30** Serie A – Full Impact.

BBC ALBA

6.00 Alba Today. **5.00** Su Pic. **5.10** Bing. **5.15** Nannag a' Noo/Huggleboo. **5.25** Lon le Linda. **5.40** Peataichean/Pets. **5.45** Pip & Posy. **5.55** Stòiridh. **6.00** Kung Fu Panda. **6.25** @12. **6.35** Saidheans Sporsail. **7.00** Fuine. **7.30** SpeakGaelic. **8.00** An Là. **8.30** An Taigh-Fuine/The Bakery. **9.00** Na Gleidheadairean. **10.00** Belladrum. **10.30** An t-Uisge/Rain Stories. **11.30** OMC! **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** My Kind of Town: Wick. **7.30** Fish Town. **8.00** Bump Birth Baby. **8.30** Screen Grab. **9.00** The Nine. **10.00** River City. **10.30** Sky High Club: Scotland and Beyond. **11.00** Sportscene: Premiership Highlights. **11.45** Growing Up Scottish. **12.00** Close.

FILM4

11.00 Went the Day Well? (1942). **12.50** The Black Arrow (1948). **2.25** Fire Down Below (1957). **4.40** The Colditz Story (1954). **6.40** Goodbye Christopher Robin (2017). **9.00** Alien: Covenant (2017). Sci-fi thriller, starring Katherine Waterston and Michael Fassbender. **11.20** Croupier (1998). Crime drama, starring Clive Owen. **1.10** Shadow (2018). **3.30** Close.

DAVE

6.00 Teleshopping. **7.10** Modern Wheels or Classic Steals. **8.00** Cops on the Rock. **9.00** The Force: Behind the Line. **10.00** Rick Stein's Far Eastern Odyssey. **11.00** Rick Stein's Long Weekends. **12.00** The Force: Behind the Line. **1.00** Border Force: America's Gatekeepers. **2.00** Top Gear. **4.00** QI. **5.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? **8.20** QI. **9.00** QI XL. **10.00** Have I Got a Bit More News for You. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **1.20** QI. **2.00** Richard Osman's House of Games. **2.30** Not Going Out. **3.00** Have I Got a Bit More News for You. **4.00** Teleshopping.

RADIO

BBC RADIO 1

5.00 Radio 1 Early Breakfast with Arielle Free. **6.57** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **10.30** Newsbeat. **10.32** Rickie, Melvin and Charlie. **12.45** Newsbeat. **1.00** Dean and Vicky. **3.30** Newsbeat. **3.32** Going Home with Vick and Jordan. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds with Clara Amfo. **8.00** Radio 1's Future Artists with Jack Saunders. **10.00** Radio 1's Essential Albums. **11.00** Mo Ayoub. **1.00** Radio 1's Chillout Anthems. **2.00** The Radio 1 Interview. **2.15** Radio 1 Playlists. **2.30** Radio 1's Life Hacks-Adapt the World. **3.00** Radio 1 Relax in Love. **4.00** Radio 1 Dance.

BBC RADIO 2

6.30 Zoe Ball. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Folk Show with Mark Radcliffe. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Sounds of the 90s with Fearne Cotton. **4.00** Early Breakfast Show.

BBC RADIO 3

6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Shostakovich. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.00** Choral Evensong. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** Free Thinking. **10.45** The Essay: From Biltong to Bobotie – Journeys in South African Cuisine. **11.00** Night Tracks. **12.30** Through the Night.

BBC RADIO 4

5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **8.31** (LW) Yesterday in Parliament. **9.00** More or Less. **9.30** Just One Thing with Michael Mosley. **9.45** (FM) Book of the Week: On Savage Shores: How Indigenous Americans Discovered Europe. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** I'm Not a Monster: The Shamima Begum Story. **11.30** Oti Mabuse's Dancing Legends. **12.00** News. **12.04** You and Yours. **12.57** Weather. **1.00** The World at One. **1.45** Inside Pages. **2.00** The Archers. **2.15** Drama: Eat and Run. **3.00** Money Box Live. **3.30** Inside Health. **4.00** Thinking Allowed. **4.30** The Media Show. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Conversations from a Long Marriage. **7.00** The Archers. **7.15** Front Row. **8.00** The Moral Maze. **8.45** Four Thought. **9.00** A Thorough Examination with Drs Chris and Xand: Can I Change? **9.30** The Media Show. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime. **11.00** What's the Story, Ashley Storrie? **11.15** Darren Harriott: Black Label. **11.30** Today in Parliament. **12.00** News. **12.30** Book of the Week: On Savage Shores: How Indigenous Americans Discovered Europe. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE

5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Naga Munchetty. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **10.00** Colin Murray. **1.00** Dotun Adebayo.

CLASSIC FM

6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** John Brunning. **7.00** Smooth Classics at Seven. **10.00** Smooth Classics. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND

6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show with Michelle McManus. **4.00** Drivetime. **6.00** (FM) Get It On with Bryan Burnett. **6.00** (MW) Sportsound. **8.00** (FM) The Quay Sessions with Roddy Hart. **10.00** (FM) Vic Galloway. **10.30** (MW) Vic Galloway. **12.00** As Radio 5 Live.

Ken Loach: This Cultural Life, BBC4, *10pm.*

TELEVISION

THURSDAY JANUARY 19

BBC 1

6.00 Breakfast
9.15 Morning Live: Cost of Living Special
10.00 Rip Off Britain Live
10.45 For Love or Money (r)
11.15 Bargain Hunt (r)
12.00 First Minister's Questions
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Doctors
2.15 The Farmers' Country Showdown
3.00 Escape to the Country (r)
3.45 The Repair Shop
4.30 Make It at Market
5.15 Pointless (r)
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather
6.55 Party Political Broadcast

7.00 **River City** (r) Lydia's night takes a monstrous turn.
7.30 **EastEnders** Alfie throws a summer party to banish the January blues.
8.00 **Dragons' Den** A mother-and-son combo showcase their Mumbai-inspired chutney business and an outdoor enthusiast pitches his accessible gardening enterprise. Presented by Evan Davis.
9.00 **The Apprentice** Lord Sugar tasks the candidates to create a cartoon for two-to-four-year-olds.
10.00 **BBC News at Ten**
10.30 **Reporting Scotland; Weather**
10.40 **Question Time**
11.40 **Newscast**

12.10 Celebrity Mastermind (r) **12.40** We Are England (r) **1.10** Weather for the Week Ahead **1.15** BBC News

BBC 2

6.30 **The Farmers' Country Showdown** (r) **7.15** **Make It at Market** (r) **8.00** **Sign Zone: Charlie Mackesy: The Boy, the Mole, the Fox, the Horse and Me** (r) **9.00** **BBC News 10.00** **BBC News 12.15** **Politics Live 1.00** **Bowls: World Championships** Live coverage from Potters Resort at Hopton-on-Sea, Norfolk, featuring the first ladies' singles final and a match from the open singles competition.
5.15 **Flog It!** (r) The story of the Wagoners and their role in the First World War.
6.00 **Richard Osman's House of Games** Grace Dent, Tim Lovejoy, Kriss Akabusi and Lauren Steadman test their skills.
6.30 **Take a Hike**

7.00 **This Farming Life** (r) Emma and Ewan prepare for the Bute Agricultural Show.
8.00 **Winterwatch** Featuring an insight into some of Britain's smallest mammals.
9.05 **Marie Antoinette** The King becomes seriously ill.
10.00 **The Apprentice: You're Fired** Tom Allen interviews with the show's freshly rejected candidate.
10.30 **Newsnight** Headline analysis with Kirsty Wark.
11.10 **Weather**
11.15 **What We Do in the Shadows** (r)
11.35 **What We Do in the Shadows** (r)
11.55 **What We Do in the Shadows** (r)

12.20 FILM: Ghost Stories (2017) Horror anthology, starring Andy Nyman and Martin Freeman. **1.50** Sign Zone: The Traitors (r) **2.50** The Travelling Auctioneers (r) **3.35** This Is BBC Two

STV

6.00 **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30 **Loose Women**
1.30 **ITV Lunchtime News; Weather**
1.55 **STV News; Weather**
2.00 **Dickinson's Real Deal** David Dickinson and his team set up shop in Bosworth.
3.00 **Lingo**
3.59 **STV Weather Central**
4.00 **Tipping Point** Quiz, hosted by Ben Shephard.
5.00 **The Chase**
6.00 **STV News at Six; Weather**
6.25 **Party Political Broadcast**
6.30 **ITV Evening News; Weather**

7.30 **Emmerdale** It is the day of Kyle's hearing.
8.30 **Scotland Tonight** Current affairs show.
9.00 **Jo** New series. A veteran French detective tackles challenging murder cases, each tied to an iconic Parisian location, beginning with Notre Dame. Crime drama, starring Jean Reno.
10.00 **ITV News at Ten; Weather**
10.30 **STV News; Weather**
10.45 **Your Car: Time to Switch? Tonight**
11.10 **Next Level Chef** (r) Gordon Ramsay hosts the culinary challenge, which sees the contestants go Italian.

12.15 Shop: Ideal World **3.00** Maternal (r) **3.50** Night Vision **5.05** Dickinson's Real Deal (r)

CHANNEL 4

6.10 **Countdown** (r)
6.50 **3rd Rock from the Sun** (r)
7.40 **Everybody Loves Raymond** (r)
9.00 **Frasier** (r)
10.25 **Undercover Boss USA** (r)
11.25 **Channel 4 News**
11.30 **Come Dine with Me: The Professionals** (r)
12.30 **Steph's Packed Lunch**
2.10 **Countdown**
3.00 **A Place in the Sun** A couple seek a holiday home in the hillside villages of western Cyprus.
4.00 **A New Life in the Sun**
5.00 **Junior Bake Off**
6.00 **The Simpsons** (r)
6.30 **Hollyoaks** (r)

7.00 **Channel 4 News**
8.00 **The Dog House** Timid puppy Harry and grumpy Westie Hamish seek new homes. Lily the Beagle has a choice – do another runner or stay put for a cuddle with ex-policeman Stuart and his family.
9.00 **The Light in the Hall** Cat and Joe return to the woods to see if revisiting the scene of the crime can help jog his memory. Drama, starring Joanna Scanlan and Iwan Rheon. Last in the series.
10.00 **In the Footsteps of Killers** The death of eight-year-old Vishal Mehrotra in 1981.
11.05 **Killed By a Rich Kid** (r)

12.35 Ramsay's Kitchen Nightmares USA (r) **1.25** Couples Come Dine with Me (r) **2.20** FILM: Shoplifters (2018) Drama, starring Lily Franky. **4.20** Building the Dream (r) **5.15** Junior Bake Off (r)

CHANNEL 5

6.00 **Milkshake!**
9.15 **Jeremy Vine**
12.45 **Traffic Cops** (r)
1.40 **5 News at Lunchtime**
1.45 **Home and Away**
2.15 **FILM: Happily Never After** (2022) Premiere. When a wedding planner falls for one of her clients, she plots to remove the obstacle to her happiness – the bride-to-be. Thriller, starring Erinn Fredin.
4.00 **Bargain-Loving Brits in the Sun** Cameras focus on Jordanne, who juggles four businesses.
5.00 **5 News at 5**
6.00 **Holiday Homes in the Sun** (r)
6.55 **5 News Update**

7.00 **Nick Knowles' New Year Clearout** The presenter travels to Mersea Island in Essex to help a family of six who are drowning in clutter.
7.55 **5 News Update**
8.00 **Build Your Dream Home in the Country** A family transforming a dilapidated metal barn into a dream luxury abode.
9.00 **The Madame Blanc Mysteries** Jean and Dom assist Caron in solving a murder.
10.00 **Million Pound Motorhomes** (r) A man who has decided to quit his job and live in his RV full time.
11.05 **Motorway Cops: Catching Britain's Speeders** (r)

12.05 Police: Night Shift 999 (r) **1.00** The LeoVegas Live Casino Show **3.00** Holiday Homes in the Sun (r) **3.50** Cruising with Jane McDonald (r) **4.40** House Busters (r) **5.05** House Doctor (r) **5.35** Peppa Pig (r) **5.40** Paw Patrol (r) **5.50** Pip and Posy (r)

Dragons' Den, *8pm.*

Take a Hike, *6.30pm.*

The Chase, *5pm.*

The Dog House, *8pm.*

Build Your Dream Home in the Country, *8pm.*

BBC3

7.00 Top Gear. **8.00** **FILM:** Lara Croft: Tomb Raider (2001). **9.35** Bad Education. **10.05** Shrill. **10.55** Young MasterChef. **12.25** Bad Education. **12.55** Meet the Khans: Big in Bolton. **1.55** Gassed Up. **2.40** Zen Motoring. **2.55** Cuckoo. **3.50** Close.

BBC4

7.00 Great British Railway Journeys. **7.30** The Joy of Painting. **8.00** Elizabeth I's Secret Agents. **9.00** **FILM:** Green Book (2018). **11.00** **FILM:** Amundsen (2019). **1.00** Around the World in 80 Treasures. **2.00** Elizabeth I's Secret Agents. **3.00** Great British Railway Journeys. **3.30** Close.

ITV2

6.00 World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** Secret Crush. **1.00** Dress to Impress. **2.00** Family Fortunes. **3.05** Chuck. **4.00** One Tree Hill. **5.00** The O.C. **6.00** Celebrity Catchphrase. **7.00** Ninja Warrior UK: Race for Glory. **8.00** Superstore. **9.00** Love Island. **10.05** Plebs. **11.05** Family Guy. **12.00** American Dad! **12.55** Superstore. **1.50** Hey Tracey! **2.45** Unwind with ITV. **3.00** Teleshopping.

ITV3

7.00 Classic Coronation Street. **8.05** George and Mildred. **9.15** Agatha Christie's Marple. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.40** Classic Coronation Street. **3.45** Inspector Morse. **6.00** Heartbeat. **8.00** Vera. **10.00** DCI Banks. **12.05** Agatha Christie's Marple. **2.05** Unwind with ITV. **2.30** Teleshopping.

SKY SHOWCASE

6.00 The Early Rundown. **7.00** Kay Burley. **8.00** Arctic Secrets. **9.00** Nothing to Declare. **10.00** Supergirl. **11.00** NCIS: New Orleans. **1.00** Hawaii Five-0. **2.00** S.W.A.T. **3.00** Big Cat Country. **4.00** The Conners. **4.30** Futurama. **5.00** The Simpsons. **5.30** The Fresh Prince of Bel-Air. **6.30** The Simpsons. **8.00** An Idiot Abroad. **9.00** **FILM:** The Dark Knight Rises (2012). **12.00** Sex and the City. **1.00** Road Wars. **2.00** S.W.A.T. **3.00** Hawaii Five-0. **4.00** S.W.A.T. **5.00** The Early Rundown.

SKY MAIN EVENT

6.00 Live DP World Tour Golf. **1.30** Sky Sports News. **3.00** Live SA20. **7.00** Live Premier League. **11.00** Behind the Ropes. **12.00** The Gloves Are Off. **12.30** Live NBA Basketball. **3.00** Live NBA Basketball. **5.30** Live: Inside the NBA.

SKY CRICKET

6.00 The Best of The Big Bash. **6.45** Big Bash League. **7.45** Live Big Bash League. **11.45** The Best of The Big Bash. **12.00** One-Day International Cricket. **1.00** SA20. **3.00** Live SA20. **7.30** Big Bash League. **8.30** The Best of The Big Bash. **9.30** SA20. **10.30** Big Bash League. **11.30** SA20. **12.30** T20 Tri-Series. **4.00** Stuart Broad – My Greatest Spells. **4.45** Ashes Greats. **5.00** Live Big Bash League.

BT SPORT 1

6.00 BT Sport Goals Reload. **6.30** Women's One-Day International Cricket. **7.30** Live: FIH Hockey Men's World Cup. **9.30** Live: FIH Hockey Men's World Cup. **11.30** Live: FIH Hockey Men's World Cup. **1.30** Live: FIH Hockey Men's World Cup. **3.30** The WRC Magazine. **4.00** BT Sport Reload. **4.15** Premier League Reload. **4.30** Premier League Stories. **5.00** ESPN FC. **5.30** ESPN FC Presents: Gab & Juls. **6.00** Premier League – The Big Interview. **6.30** The WRC Magazine. **7.00** Live World Rally Championship. **8.00** ChatterBox. **9.00** What I Wore. **9.15** The Dan Hardy Breakdown Show. **9.45** Fight Week. **10.15** UFC Fight Camp. **10.45** Serie A – Full Impact. **11.15** Live: Women's T20 Super Smash. **3.00** Live: T20 Super Smash.

BBC ALBA

6.00 Alba Today. **5.00** Piseag & Cuilean/Kit & Pup. **5.05** Sionnach agus Maigheach. **5.20** Shane an Chef. **5.30** Oscar & Ealasaid. **5.45** Su Pic. **5.55** Stòiridh. **6.00** An Saoghal Droil aig Pol Ploc/The Rubbish World of Dave Spud. **6.10** A-null 's a-nall. **6.30** Stri. **6.35** Damhan & Durrag/Pipas & Douglas. **6.40** Proiseact Ploigh. **7.00** Turas a' Bhradain. **7.30** SpeakGaelic. **8.00** An Là. **8.30** Slighe Chladach Fiobha. **9.00** An t-Uisge/Rain Stories. **10.00** OMC! **10.30** Sgeulachd nam Pola/The Poles Revealed. **11.20** Ceilidh na Bliadhn' Uire 2021. **11.30** An Clò Mòr. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** Great Escapes with Colin and Justin. **7.25** Beechgrove Repotted. **7.30** Sky High Club: Scotland and Beyond. **8.00** My Kind of Town: Larkhall. **8.30** Iain Robertson Rambles – The Hebridean Way. **9.00** The Nine. **10.00** Scot Squad. **10.30** Scam Land: Money, Mayhem and Maseratis. **11.00** The Scotts. **11.30** The Karen Dunbar Show. **12.00** Close.

FILM4

11.00 Winchester '73 (1950). **12.50** Destroyer (1943). **3.00** It Should Happen to You (1954). **4.45** Carry On Regardless (1961). **6.45** How to Lose a Guy in 10 Days (2003). **9.00** Bombshell (2019). **11.15** First Man (2018). **2.00** Morgan (2016). **3.55** Close.

DAVE

6.00 Teleshopping. **7.10** Yianni: Supercar Customiser. **8.00** Cops on the Rock. **9.00** The Force: Behind the Line. **10.00** Rick Stein's Road to Mexico. **11.00** Rick Stein's Long Weekends. **12.00** The Force: Behind the Line. **1.00** Border Force: America's Gatekeepers. **2.00** Top Gear. **4.00** QI XL. **5.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Would I Lie to You? **8.20** QI. **9.00** QI XL. **10.00** Have I Got a Bit More News for You. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **1.20** QI. **2.00** Richard Osman's House of Games. **2.30** Not Going Out. **3.00** Have I Got a Bit More News for You. **4.00** Teleshopping.

RADIO

BBC RADIO 1
5.00 Arielle Free. **6.57** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **10.30** Newsbeat. **10.32** Rickie, Melvin and Charlie. **12.45** Newsbeat. **1.00** Dean and Vicky. **3.30** Newsbeat. **3.32** Going Home with Vick and Jordan. **5.45** Newsbeat. **6.00** Radio 1's Future Sounds with Clara Amfo. **8.00** Radio 1's Future Pop with Maia Beth. **10.00** BBC Introducing Dance. **11.00** Radio 1's Residency. **12.00** Radio 1's Residency. **1.00** Radio 1 Dance Presents. **2.00** Radio 1's Wind Down Presents. **3.00** Radio 1's Power Down Playlist with Sian Eleri. **4.00** Radio 1 Dance.

BBC RADIO 2
6.30 The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Scott Mills. **4.00** Sara Cox. **6.30** Sara Cox's Half Wower. **7.00** Jo Whiley's Shiny Happy Playlist. **7.30** Jo Whiley. **9.00** The Country Show with Bob Harris. **10.00** Trevor Nelson's Magnificent 7. **10.30** Trevor Nelson's Rhythm Nation. **12.00** OJ Borg. **3.00** Sounds of the 90s with Fearne Cotton. **4.00** A Dance Through the Decades. **4.30** Early Breakfast Show.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Shostakovich. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** Free Thinking. **10.45** The Essay: From Biltong to Bobotie – Journeys in South African Cuisine. **11.00** The Night Tracks Mix. **11.30** Unclassified. **12.30** Through the Night.

BBC RADIO 4
5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **8.31** (LW) Yesterday in Parliament. **9.00** In Our Time. **9.45** (FM) Book of the Week: On Savage Shores: How Indigenous Americans Discovered Europe. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** Crossing Continents. **11.30** Playing the Prince. **12.00** News. **12.04** You and Yours. **12.30** Sliced Bread. **12.57** Weather. **1.00** The World at One. **1.45** Inside Pages. **2.00** The Archers. **2.15** Drama: Nazis: The Road to Power. **3.00** Open Country. **3.27** Radio 4 Appeal. **3.30** Open Book. **4.00** The Curious Cases of Rutherford & Fry. **4.30** BBC Inside Science. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** Fags, Mags and Bags. **7.00** The Archers. **7.15** Front Row. **8.00** The Briefing Room. **8.30** The Bottom Line. **9.00** BBC Inside Science. **9.30** In Our Time. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: Act of Oblivion. **11.00** Unsafe Space. **11.30** Today in Parliament. **12.00** News and Weather. **12.30** Book of the Week: On Savage Shores: How Indigenous Americans Discovered Europe. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Adrian Chiles. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport. **8.00** 5 Live Boxing. **9.00** 5 Live Sport: The Euro Leagues Podcast. **10.00** Colin Murray. **1.00** Dotun Adebayo.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** John Brunning. **7.00** Smooth Classics at Seven. **10.00** Smooth Classics. **1.00** Bill Overton. **4.00** Early Breakfast.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **12.00** Lunchtime Live. **1.30** The Afternoon Show with Michelle McManus. **4.00** Drivetime. **6.00** (FM) Get It On with Bryan Burnett. **8.00** Travelling Folk. **10.00** Natasha Raskin Sharp. **12.00** As Radio 5 Live.

Green Book, BBC4, *9pm.*

TELEVISION

FRIDAY JANUARY 20

BBC 1

6.00 Breakfast
9.15 Morning Live: Cost of Living Special
10.00 Rip Off Britain Live: Cost of Living Special
10.45 For Love or Money (r)
11.15 Homes Under the Hammer (r)
12.15 Bargain Hunt
1.00 BBC News at One; Weather
1.30 Reporting Scotland; Weather
1.45 Father Brown
2.30 The Farmers' Country Showdown
3.00 Escape to the Country (r)
3.45 The Repair Shop
4.30 Make It at Market
5.15 Pointless (r)
6.00 BBC News at Six; Weather
6.30 Reporting Scotland; Weather

7.00 The One Show
7.30 EastEnders (r) Lily makes a big decision about her baby.
8.00 Life on the Bay (r) The Wallaces buy 14 new caravans for the park.
8.30 Amanda & Alan's Italian Job Amanda Holden and Alan Carr set about renovating the bathrooms.
9.00 Death in Paradise Love in the air for Neville following an unexpected encounter.
10.00 BBC News at Ten
10.30 Reporting Scotland; Weather
10.40 The Graham Norton Show Guests include Michelle Williams, Helena Bonham Carter and Oti Mabuse.
11.30 Would I Lie to You? (r)

12.00 FILM: Long Shot (2019) Drama, starring Charlize Theron. **1.55** Weather for the Week Ahead **2.00** BBC News

BBC 2

6.30 The Farmers' Country Showdown (r) **7.15** Make It at Market (r) **8.00** Sign Zone: The Polar Bear Family and Me (r) **9.00** BBC News **10.00** BBC News **12.15** Politics UK **1.00** Bowls: World Championships Featuring two open singles quarter-finals.
5.15 Flog It! (r) At Penrhyn Castle in north Wales, antiques expert Claire Rawle uncovers a pristine vintage Barbie doll, and Adam Partridge finds a 300-year-old map of the area.
6.00 Richard Osman's House of Games Grace Dent, Tim Lovejoy, Kriss Akabusi and Lauren Steadman take part.
6.30 Take a Hike

7.00 Monty Don's Adriatic Gardens (r) The presenter visits the city of Trieste.
8.00 Winterwatch Chris Packham and Michaela Strachan reveal ingenious beetle adaptations.
9.00 QI XL Sandi Toksvig discusses tails – and tales.
9.45 Live at the Apollo Featuring Kiri Pritchard-McLean, Catherine Bohart, and Babatunde Aléshé.
10.30 Newsnight
11.00 Weather
11.05 Surgeons: At the Edge of Life (r) The specialists at Addenbrooke's treat a man who has serious injuries after crashing his motorbike.

12.05 Sign Zone: The Traitors (r) **1.10** The NHS Crisis: Can It Be Fixed? – Panorama (r) **1.40** Marie Antoinette (r) **2.35** Detectorists Special (r) **3.50** This Is BBC Two

STV

6.00 Good Morning Britain
9.00 Lorraine
10.00 This Morning
12.30 Loose Women
1.30 ITV Lunchtime News; Weather
1.55 STV News; Weather
2.00 Dickinson's Real Deal David Dickinson pitches up in Walsall, with his team Tim Hogarth, Fay Rutter, James Layte and Tracy Thackray-Howitt.
3.00 Lingo
3.59 STV Weather Central
4.00 Tipping Point
5.00 The Chase
6.00 STV News at Six; Weather
6.30 ITV Evening News

7.00 Sean's Scotland Revisited
7.28 Weather
7.30 Emmerdale Bear is concerned about Paddy.
8.00 Coronation Street A triggered memory places Teddy in Stephen's firing line.
9.00 Midsomer Murders (r) Barnaby and Winter investigate a mysterious club for geniuses after one of their members is murdered, his body pinned to the wall in the manner of his own butterfly collection.
10.50 ITV News; Weather
11.20 STV News; Weather
11.40 The NFL Show Highlights and previews of play-off matches.

12.40 Shop: Ideal World **3.00** Dickinson's Real Deal (r) **3.50** Night Vision **5.05** Lingo (r)

CHANNEL 4

6.10 Countdown (r)
6.50 3rd Rock from the Sun (r)
7.40 Everybody Loves Raymond (r)
9.00 Frasier (r)
10.25 Undercover Boss USA (r)
11.25 Channel 4 News
11.30 Come Dine with Me: The Professionals (r)
12.30 Steph's Packed Lunch
2.10 Countdown
3.00 A Place in the Sun A couple seek their dream property inland on Spain's Costa Blanca.
4.00 A New Life in the Sun
5.00 Junior Bake Off
6.00 The Simpsons (r)
6.30 Hollyoaks (r)

7.00 Channel 4 News
8.00 Food Unwrapped Kate Quilton heads to the Scottish isles to discover how they are growing truffles.
8.30 Travel Man: 48 Hours in Dublin Joe Lycett explores Dublin.
9.00 Jon & Lucy's Odd Couples Comedians Sara Pascoe and Steen Raskopoulos take on Blue singer Duncan James and Rodrigo Reis in a head-to-head contest to decide who has the best relationship.
10.00 8 Out of 10 Cats Does Countdown (r) With Alan Carr, Harriet Kemsley, Jonathan Ross and Maisie Adam.
11.05 Celebrity Gogglebox (r)

12.10 The Kardashians: Billion Dollar Dynasty (r) **1.05** The Kardashians: Billion Dollar Dynasty (r) **1.55** Ramsay's Kitchen Nightmares USA (r) **2.40** Come Dine with Me (r) **4.55** Food Unwrapped (r) **5.25** Location, Location, Location (r)

CHANNEL 5

6.00 Milkshake!
9.15 Jeremy Vine
12.45 Traffic Cops (r)
1.40 5 News at Lunchtime
1.45 Home and Away
2.15 FILM: A Deadly Mother (2020) Premiere. A woman worries that her new neighbour is trying to steal her teenage daughter from her. Thriller, starring Monica Rose Betz.
4.00 Bargain-Loving Brits in the Sun Cameras revisit Carolyn Drew, a B&B and wig shop owner.
5.00 5 News at 5
6.00 Holiday Homes in the Sun (r)
6.55 5 News Update

7.00 Toby Carvery: How Do They Do It? (r) A look at what makes the perfect British roast dinner.
7.55 5 News Update
8.00 Cruising with Susan Calman The comedian visits Montenegro.
9.00 Holidaying with Jane McDonald The singer takes a trip to Cyprus, where she delves into the myths and legends that surround this sun-soaked Ionian region. Last in the series.
10.00 Top of the Pops: Most Shocking Moments Some of the most alarming moments from the BBC music show.
11.30 Britain's Favourite Rock Songs (r)

1.20 The LeoVegas Live Casino Show **3.20** Holiday Homes in the Sun (r) **4.05** Cruising with Jane McDonald (r) **4.50** House Busters (r) **5.15** House Doctor (r) **5.40** Peppa Pig (r) **5.45** Paw Patrol (r)

The Repair Shop, *3.45pm.*

QI XL, *9pm.*

Midsomer Murders, *9pm.*

Jon & Lucy's Odd Couples, *9pm.*

Home and Away, *1.45pm.*

BBC3

7.00 Top Gear. **8.00** Waterloo Road. **9.00 FILM:** Ben Is Back (2018). **11.05** Meet the Khans: Big in Bolton. **12.05** Young MasterChef. **1.35** Hot Cakes. **2.35** Press X to Continue. **2.45** People Just Do Nothing. **3.45** Close.

BBC4

7.00 Top of the Pops. **7.30** Top of the Pops. **8.00** Top of the Pops. **8.30** Top of the Pops. **9.00** Wayfaring Stranger with Phil Cunningham. **10.00** Transatlantic Sessions. **11.00** Reginald D Hunter's Songs of the Border. **12.15** Southern Rock at the BBC. **1.15** Wayfaring Stranger with Phil Cunningham. **2.15** Top of the Pops. **3.45** Close.

ITV2

6.00 World's Funniest Videos. **6.35** Totally Bonkers Guinness World Records. **7.00** Secret Crush. **8.00** Dress to Impress. **9.00** Chuck. **10.00** One Tree Hill. **11.00** The O.C. **12.00** Secret Crush. **1.00** Dress to Impress. **2.00** Family Fortunes. **3.05** Chuck. **4.00** One Tree Hill. **5.00** The O.C. **6.00** Celebrity Catchphrase. **7.00** Ninja Warrior UK: Race for Glory. **8.00** Superstore. **9.00** Love Island. **10.05** Don't Hate the Playaz. **10.50** Family Guy. **11.45** American Dad! **12.40** Superstore. **1.40** The Stand Up Sketch Show. **2.05** CelebAbility. **2.50** Unwind with ITV. **3.00** Teleshopping.

ITV3

6.00 Classic Emmerdale. **7.00** Classic Coronation Street. **8.05** George and Mildred. **9.15** Agatha Christie's Marple. **11.30** Heartbeat. **1.40** Classic Emmerdale. **2.10** Classic Coronation Street. **3.45** Inspector Morse. **6.00** Heartbeat. **8.00** Doc Martin. **10.00** Des. **12.05** Agatha Christie's Marple. **2.10** Unwind with ITV. **2.30** Teleshopping.

SKY SHOWCASE

6.00 The Early Rundown. **7.00** Sky News Breakfast. **8.00** Arctic Secrets. **9.00** Nothing to Declare. **10.00** Supergirl. **11.00** NCIS: New Orleans. **1.00** Hawaii Five-0. **2.00** S.W.A.T. **3.00** Big Cat Country. **4.00** The Conners. **4.30** Futurama. **5.00** The Simpsons. **5.30** The Fresh Prince of Bel-Air. **6.30** The Simpsons. **7.30** Young Rock. **8.00** Hold the Front Page. **9.00** Never Mind the Buzzcocks. **10.30** Chris Eubank Jr v Liam Smith: Weigh-in. **11.30** Romantic Getaway. **12.30** The Force: North East. **1.30** Road Wars. **3.00** Hawaii Five-0. **4.00** S.W.A.T. **5.00** Motorway Patrol.

SKY MAIN EVENT

6.00 Live DP World Tour Golf. **1.30** Chris Eubank Jr v Liam Smith: Weigh-in. **2.00** Live Horse Racing. **3.30** Live SA20. **7.30** Live EFL. Burnley v West Bromwich Albion (Kick-off 8pm). **10.30** Chris Eubank Jr v Liam Smith: Weigh-in. **11.00** The Gloves Are Off. **11.30** Behind the Ropes. **12.30** Sky Sports News. **5.00** Live DP World Tour Golf.

SKY CRICKET

6.00 Live Big Bash League. **8.30** Live Big Bash League. **12.30** SA20. **1.30** The Best of The Big Bash. **2.00** SA20. **3.00** Live SA20. **7.30** Big Bash League. **9.30** SA20. **10.30** Big Bash League. **12.30** Best of England v Australia. **12.50** Ashes Greats. **1.00** SA20. **5.00** Stuart Broad – My Greatest Spells. **5.25** Ashes Greats. **5.40** Best of England v Australia.

BT SPORT 1

6.30 The Rugby's On. **7.30** BT Sport Reload. **7.45** Serie A – Full Impact. **8.15** A-League Highlights. **8.45** Live: Isuzu UTE A-League. **10.45** Premier League Reload. **11.00** Premier League Stories. **11.30** Premier League – The Big Interview. **12.00** Serie A – Full Impact. **12.30** The Rugby's On. **1.30** Live: ILT20. **5.45** ESPN FC. **6.15** Deaf Away Days. **6.30** The Rugby's On. **7.30** Live Heineken Champions Cup. **10.15** BT Sport Films. **11.45** Chip Shot Challenge. **12.00** WWE NXT Highlights. **1.00** Live: WWE Friday Night SmackDown. **3.00** BT Sport Reload. **3.15** Live: A-League Women. **5.15** World Rally Championship. **5.45** UEFA Champions League – Stories of the Finals.

BBC ALBA

6.00 Alba Today. **5.00** Treubh an Tuathanais. **5.15** Pip & Posy. **5.20** Sionnach agus Maigheach. **5.30** Beathaichean a' Bocadaich. **5.40** AH-AH/No-No. **5.45** 'S E Iasg a Th'Annam. **5.50** Peataichean/Pets. **5.55** Stòiridh. **6.00** Aithne air Ainmhidhean. **6.25** @12. **6.30** Damhan & Durrag/Pipas & Douglas. **6.35** Ronia, Nighean a' Mheirlich/Ronja, the Robber's Daughter. **7.00** An Là. **7.25** Ceilidh na Bliadhn' Uire 2021. **7.30** Machair. **7.55** Fraochy Bay. **8.00** Gàrraidhean Mòra na h-Alba. **8.30** An Clò Mòr. **9.00** Seirm. **10.00** Borgen. **11.00** Sgeulachd nam Pola/The Poles Revealed. **11.50** Ceilidh na Bliadhn' Uire 2021. **12.00** Alba Today.

BBC SCOTLAND

12.00 This Is BBC Scotland. **7.00** The Seven. **8.00** Paramedics on Scene. **9.00** Model Scots. **10.00** Still Game. **10.30** Real Kashmir FC. **11.30** Scottish Cup Classics. **12.00** Close.

FILM4

11.00 The League of Gentlemen (1960). **1.15** The Great Sioux Massacre (1965). **3.30** The Man Who Would Be King (1975). **6.10** Ghostbusters (2016). **9.00** Dreamland (2020). **11.05** The Guard (2011). **1.00** Criminal (2016). **3.20** Close.

DAVE

6.00 Teleshopping. **7.10** Yianni: Supercar Customiser. **8.00** Cops on the Rock. **9.00** The Force: Behind the Line. **10.00** Rick Stein's Road to Mexico. **11.00** Rick Stein's Long Weekends. **12.00** The Force: Behind the Line. **1.00** Border Force: America's Gatekeepers. **2.00** Top Gear. **4.00** QI XL. **5.00** Taskmaster. **7.00** Richard Osman's House of Games. **7.40** Room 101. **8.20** QI. **9.00** Have I Got a Bit More News for You. **10.00** QI XL. **11.00** Taskmaster. **12.00** Mock the Week. **12.40** Would I Lie to You? **1.20** QI. **2.00** Richard Osman's House of Games. **2.30** Not Going Out. **3.00** Have I Got a Bit More News for You. **4.00** Teleshopping.

RADIO

BBC RADIO 1
5.00 Radio 1 Early Breakfast with Arielle Free. **6.33** Radio 1's Best New Pop. **6.57** Newsbeat. **7.00** Radio 1 Breakfast with Greg James. **10.00** Radio 1 Anthems. **10.30** Newsbeat. **10.32** Radio 1 Anthems. **11.02** Katie Thistleton. **12.45** Newsbeat. **1.00** Matt and Jamie. **3.00** Radio 1's Party Anthems. **4.00** The Official Chart on Radio 1 with Jack Saunders. **5.45** Newsbeat. **6.00** Radio 1's Dance Party with Danny Howard. **8.00** Radio 1's Future Dance with Sarah Story. **10.00** Pete Tong. **12.00** Radio 1's Essential Mix. **2.00** Radio 1 Dance Presents. **2.30** Radio 1 Dance Presents. **3.00** Danny Howard. **4.00** Radio 1's Wind Down Presents.

BBC RADIO 2
6.30 The Zoe Ball Breakfast Show. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Scott Mills. **3.30** Scott Mills' Wonder Years. **4.00** Sara Cox. **7.00** Michelle Visage. **8.30** Michelle Visage's Handbag Hits. **9.00** The Good Groove with DJ Spoony. **11.00** The Rock Show with Shaun Keaveny. **12.00** Romesh Ranganathan: For the Love of Hip-Hop. **1.00** The Best of Radio 2's Piano Room. **3.00** Radio 2 Unwinds with Angela Griffin. **4.00** Sophie Ellis-Bextor's Kitchen Disco.

BBC RADIO 3
6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Shostakovich. **1.00** Radio 3 Lunchtime Concert. **2.00** Afternoon Concert. **4.30** The Listening Service. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. **10.00** The Verb. **10.45** The Essay: From Biltong to Bobotie – Journeys in South African Cuisine. **11.00** Late Junction. **1.00** Composed with Emeli Sandé. **2.00** Piano Flow with Tokio Myers. **3.00** Through the Night.

BBC RADIO 4
6.00 Today. **8.31** (LW) Yesterday in Parliament. **9.00** Desert Island Discs. **9.45** (FM) Book of the Week: On Savage Shores: How Indigenous Americans Discovered Europe. **9.45** (LW) Daily Service. **10.00** Woman's Hour. **11.00** Is Psychiatry Working? **11.30** Thanks a Lot, Milton Jones! **12.00** News. **12.04** AntiSocial. **12.57** Weather. **1.00** The World at One. **1.45** Inside Pages. **2.00** The Archers. **2.15** Drama: Tom Clancy's Splinter Cell: Firewall. **2.45** Understand: The Economy. **3.00** Gardeners' Question Time. **3.45** Short Works. **4.00** Last Word. **4.30** More or Less. **5.00** PM. **5.57** Weather. **6.00** Six O'Clock News. **6.30** The News Quiz. **7.00** The Archers. **7.15** Screenshot. **8.00** Any Questions? **8.50** A Point of View. **9.00** The Reith Lectures. **9.59** Weather. **10.00** The World Tonight. **10.45** Book at Bedtime: Act of Oblivion. **11.00** Americast. **11.30** Today in Parliament. **12.00** News and Weather. **12.30** Book of the Week: On Savage Shores: How Indigenous Americans Discovered Europe. **12.48** Shipping Forecast. **1.00** As BBC World Service. **5.20** Shipping Forecast.

BBC RADIO 5 LIVE
5.00 Wake Up to Money. **6.00** 5 Live Breakfast. **9.00** Nicky Campbell. **11.00** Chiles on Friday. **1.00** Fantasy 606. **2.00** Elis James and John Robins. **4.00** 5 Live Drive. **7.00** 5 Live Sport: The Friday Football Social. **10.00** Stephen Nolan. **1.00** Laura McGhie.

CLASSIC FM
6.00 More Music Breakfast. **9.00** Alexander Armstrong. **12.00** Anne-Marie Minhall. **4.00** John Brunning. **7.00** Smooth Classics at Seven. **10.00** Smooth Classics. **1.00** Katie Breathwick. **4.00** Sam Pittis.

BBC RADIO SCOTLAND
6.00 Good Morning Scotland. **9.00** Mornings. **11.30** Noising Up. **12.00** Lunchtime Live. **1.30** The Good, the Bad and the Unexpected. **2.00** The Afternoon Show with Nichola Meighan. **4.00** Drivetime. **7.00** (MW) Sportsound Rugby. **8.00** (FM) BBC Introducing in Scotland. **10.00** (FM) Ashley Storrie. **10.30** (MW) Ashley Storrie. **1.00** As Radio 5 Live.

Top of the Pops, BBC4, *7.30pm.*

Ewan's Viewing

EWAN CAMERON REVIEWS THIS WEEK'S TELLY

HATS OFF TO FAME FOCUS

As someone who has barely given a second thought to the Kardashians during their nearly 20-year reign at the top of the celebrity mountain, Channel 4's two-part documentary about the family was a handy abridged version of their life story.

The Kardashians: Billion Dollar Dynasty charted the rise and rise and rise of Kris, Kim, Kendall, Kylie and Kourtney (I'm sure I've forgotten a few) and I came away with a newfound, albeit grudging, respect for the Californian clan.

I know – I was surprised, too.

As much as they stand for absolutely nothing I believe in, I have to take my hat off to them for the sheer relentlessness of their laser-focused drive to seek fame and fortune – at all costs.

NEXT-LEVEL GIMMICKRY

Gordon Ramsay's version of a cooking contest is a bit like him – loud, flashy and needlessly stressful.

At its heart, Next Level Chef (ITV) is a pretty standard show, with 12 wannabe cooks competing for a £100,000 prize, but it's the inexplicably massive three-storey set – luxury food at the top, bargain basement at the bottom – that makes it unique.

And by unique I mean gimmicky.

Balancing facts

FASCINATING PHIL SPECTOR DOC WALKS LINE BETWEEN CELEBRATION AND CONDEMNATION

The new four-part Sky documentary about music producer and murderer Phil Spector successfully walked the line between celebration and condemnation.

It's impossible to tell the story of the man – infamously described as "flawed" by the BBC at the time of his death in 2021 – without acknowledging his remarkable achievements in the music business.

To know him may not be to love him – to paraphrase his breakthrough bubblegum pop classic – but it does help us understand why he did what he did.

The documentary sidesteps any criticism of insensitivity by spending a good portion of its hefty running time focusing on the life of the woman he shot dead in 2003, actress Lana Clarkson.

Callously dismissed as "a B-movie actress" by Spector's lawyers and the media, Lana's life was the antithesis of Spector's.

Spector's ascent in showbusiness came after a troubled childhood during which his father took his own life ("To know him was to love him" was the epitaph on the gravestone) as well as well-documented mental health struggles.

Even after Spector achieved incredible success with songs that redefined the sound of the 1960s, he was quick to anger and violence – to the point that his ultimate crime against Lana felt inevitable.

Lana, on the other hand, was the light to Spector's darkness. Although she never got the break she needed to make it big, her optimism shone through.

By running these two life stories in parallel, Sheena M Joyce and Don Argott's documentary avoids some of the criticism that has been laid at the door of previous celebrity crime stories.

Spector's musical legacy and criminal legacy remain – and neither is diminished by this fascinating documentary.

COMPLICATED QUESTIONS

Ever since the 1980s, Ken Burns has been crafting century-spanning documentaries about America's sometimes murky past.

Using archival photographs and footage, as well as softly spoken first-hand testimony, he has become the master at creating quietly powerful elegies to subjects ranging from the civil war to country music.

His latest, The Us And The Holocaust (BBC4), is another triumph that further cements his status as America's foremost popular historian.

Charting the country's relationship with Germany in the 1920s and 1930s and the anti-Semitism that was commonplace in society, Burns' three-part series asks complicated questions that have no easy answers.

Ewan's movie of the week

THE MENU

DISNEY+

The preposterousness of high-end foodie culture gets a brutal skewering in this blackly comic horror film from one of the brains behind Succession.

Ralph Fiennes leads an all-star cast as chef Slowik, a culinary genius who has invited a group of diners to his exclusive island restaurant for a night of good food and dastardly surprises.

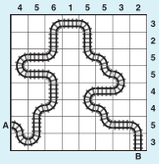
Mark Mylod – who directed some of the most dramatic episodes of Succession – has a key eye for the absurdities of the foodie landscape, dividing his film into a series of courses, with the dishes presented to viewers exactly like an episode of Chef's Table.

As the chef's nefarious plan slowly dawns on the unsuspecting guests – including Anya Taylor-Joy, Nicholas Hoult, Janet McTeer and John Leguizamo – the blood flows like fine wine and we can't help but enjoy seeing these people get their just desserts.

WHAT DO YOU THINK? FACEBOOK.COM/EVENINGTELE TWITTER.COM/EVENING_TELE EWAN.CAMERON@AJL.CO.UK

SOLUTIONS

MAKE TRACKS



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PIECEWORD

P	W	■	G	■	E	A	T	■	T	■	E	■	A	
H	O	O	D	L	U	M	■	U	N	A	R	M	E	D
O	■	O	■	A	■	U	■	N	■	P	■	I	■	O
B	O	D	I	C	E	■	R	A	D	I	A	T	O	R
I	■	■	■	I	■	B	■	■	■	O	■	■	■	A
C	O	R	S	A	G	E	■	S	U	C	C	U	M	B
■	■	A	■	L	■	R	■	U	■	A	■	V	■	L
W	H	I	M	■	G	A	U	D	Y	■	M	U	T	E
I	■	N	■	S	T	■	D	■	D	■	L	■	■	■
L	A	Y	E	T	T	E	■	E	M	E	R	A	L	D
D	■	■	■	U	■	■	N	■	S	■	■	■	E	
F	O	U	R	T	E	E	N	■	D	E	R	M	A	L
I	■	G	■	T	V	■	H	■	R	■	A	■	U	
R	E	L	I	E	V	E	■	A	D	V	I	S	E	D
E	■	Y	■	R	■	R	U	M	■	E	■	S	■	E

SUDOKU

5	2	3	9	1	4	8	6	7
1	7	6	3	8	5	2	9	4
8	9	4	6	7	2	3	5	1
9	6	8	5	4	1	7	3	2
7	1	2	8	9	3	6	4	5
4	3	5	2	6	7	9	1	8
3	8	1	7	5	9	4	2	6
6	4	9	1	2	8	5	7	3
2	5	7	4	3	6	1	8	9

9	3	2	6	7	8	4	1	5
1	6	8	3	4	5	2	7	9
5	4	7	9	1	2	6	3	8
2	8	9	1	3	4	7	5	6
6	7	5	8	2	9	1	4	3
3	1	4	7	5	6	9	8	2
7	9	6	5	8	1	3	2	4
4	5	3	2	9	7	8	6	1
8	2	1	4	6	3	5	9	7

5	7	2	1	4	3	6	8	9
6	4	1	2	9	8	5	7	3
3	9	8	7	5	6	2	1	4
8	2	6	4	3	9	7	5	1
7	1	3	8	2	5	9	4	6
4	5	9	6	1	7	3	2	8
2	3	4	9	7	1	8	6	5
1	6	5	3	8	2	4	9	7
9	8	7	5	6	4	1	3	2

CRYPTIC CROSSWORD

■	■	■	A	■	S	■	S	■	C	■	■	■		
■	■	S	■	C	U	L	P	T	U	R	E	■		
■	S	■	I	■	E	■	A	■	O	■	A	■		
R	O	A	D	T	E	S	T	■	W	O	R	M		
■	R	■	I	■	P	■	U	■	N	■	B	■		
E	R	I	C	A	■	A	T	I	S	H	O	O		
■	O	■	■	E	■	E	■	■	■	R	■	■		
T	W	O	T	I	M	E	■	A	L	T	E	R		
■	F	■	R	■	P	■	C	■	A	■	T	■		
R	U	B	Y	■	T	H	R	E	W	O	U	T		
■	L	■	I	■	I	■	O	■	F	■	M	■		
■	■	U	N	H	E	L	P	F	U	L	■	■		
■	■	■	G	■	S	■	S	■	L	■	■	■		

QUICK CROSSWORD

■	■	■	L	■	P	■	T	■	F	■	W	■	T	■
■	C	O	E	R	C	E	■	A	B	A	C	U	S	■
■	U	■	O	■	A	■	V	■	R	■	S	■	■	■
G	N	A	W	■	B	O	O	■	M	A	S	S	■	■
■	G	■	■	A	■	U	■	■	■	L	■	■	■	■
S	E	W	I	N	G	■	R	A	T	H	E	R	■	■
■	■	O	■	■	■	■	■	O	■	■	■	■	■	■
S	P	R	U	C	E	■	T	I	N	K	L	E	■	■
■	R	■	■	F	■	O	■	■	■	I	■	■	■	■
R	E	A	P	■	F	L	U	■	K	I	L	O	■	■
■	T	■	O	■	E	■	C	■	N	■	A	■	■	■
E	T	H	N	I	C	■	A	G	E	N	C	Y	■	■
■	Y	■	Y	■	T	■	N	■	W	■	S	■	■	■

WORD WHEEL

Input, into, lino, lint, lion, loin, loon, lotion, lupin, null, onto, option, pint, piton, point, potion, punt, unit, unlit, until, unto, upon, POLLUTION.

KILLER SUDOKU

9	6	2	7	1	5	8	3	4
7	3	8	9	4	2	1	6	5
4	5	1	3	6	8	9	7	2
3	4	7	2	5	1	6	8	9
8	1	5	6	3	9	4	2	7
6	2	9	8	7	4	3	5	1
1	8	4	5	2	6	7	9	3
5	7	6	4	9	3	2	1	8
2	9	3	1	8	7	5	4	6

KAKURO

3	1	2	4	■	2	1	■	6	8	9
5	3	1	2	■	1	3	5	2	9	7
■	■	3	1	2	4	5	9	7	■	■
2	1	4	■	1	3	■	3	1	8	6
1	3	5	4	■	■	9	8	■	7	9
■	■	9	7	8	■	7	6	9	5	8
1	2	6	■	9	7	■	7	8	9	■
3	1	■	4	2	6	7	1	■	2	1
■	4	2	1	■	8	9	■	6	1	3
8	9	1	3	2	■	8	7	9	■	■
9	7	■	5	1	■	4	5	1	3	■
6	8	9	7	■	3	1	■	4	2	1
■	■	8	9	5	4	2	1	3	■	■
5	9	6	8	1	2	■	2	1	3	5
9	8	7	■	3	1	■	4	2	1	3

ADD UP

85, 96

WORDSEARCH

P	B	E	G	I	N	N	I	N	G	M	S	A		
S	R	A	A	S	H	A	L	O	M	S	C	A		
O	S	E	H	T	R	I	B	I	L	T	A	F		
P	G	H	L	S	A	D	T	T	C	O	H	O		
E	D	N	L	U	A	M	A	P	V	S	C	R		
N	T	F	I	W	D	E	L	E	H	A	N	E		
I	S	O	N	L	C	E	R	C	C	D	U	W		
N	O	I	T	A	X	I	T	N	I	D	G	A	O	
G	N	N	F	U	U	E	T	U	O	A	L	R		
G	B	E	S	S	R	B	E	V	L	L	M	E	D	
S	R	O	E	E	R	E	O	N	T	A	S	E		
P	W	H	U	E	T	R	D	C	U	D	I	L		
I	N	T	R	O	P	R	E	M	I	E	R	E	D	

FITWORD

■	C	O	N	F	E	T	T	I	■	G	U	I	L	D	H	A	L	L
G	V	■	L	■	I	■	S	P	A	■	L	E	■	M	■	I		
U	S	E	■	A	U	D	I	O	■	U	N	L	I	T	■	A	I	M
M	■	R	■	C	■	A	■	T	■	Z	■	N	■	E	■	Z	■	E
B	E	D	R	O	L	L	■	O	N	E	■	E	X	C	E	E	D	
O	■	U	■	N	■	P	■	■	S	■	T	■	■	R				
O	P	E	N	■	S	Q	U	E	A	M	I	S	H	■	A	C	N	E
T	■	■	F	■	U	■	■	E	■	■	T	■	U	■	T			
■	B	I	K	I	N	I	■	A	P	E	■	S	W	I	M	M	E	R
P	■	N	E	■	B	■	L	■	R	■	L	■	C	■	U	■	E	
R	E	F	■	R	E	B	U	T	■	K	I	O	S	K	■	L	E	A
A	■	E	■	C	■	L	■	A	G	A	■	P	■	E	■	U	■	D
M	A	R	K	E	T	E	E	R	■	T	R	E	A	T	I	S	E	■

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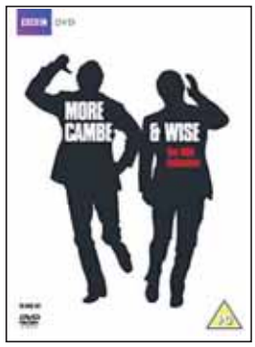

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